Four Seasons of ITALIAN COOKERY

by
Giovanna F. Del Nero
Gilda Cappannari
Anita Carrubba

Illustration by Cynthia Borsa

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Anita C. Beal

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INTRODUCTION

This cookbook started many years ago as a whimsical idea at a cocktail party. Two of us always have had an avid interest in all matters Italian, especially in Italian cuisine. Wanting to pursue our interest and improve our facility in the Italian language, we convinced a handful of Italians, some Italo-Americans and persons who had lived in Italy for some length of time to form an Italian club.

Ames is a university town. Iowa State University provides faculty leaves for professors to study abroad. Several persons who had lived and worked in Italy and Italian professors who had come to Ames to study and work joined our group.

The group developed into a strong unit both for the Americans and the foreign visitors. Regular meetings in our homes on a rotating basis gave our Italian members new insights into America, while at the same time we learned more about the land of our fathers and mothers.

The original purpose of the group was to refresh our spoken Italian. The learning sessions developed into social occasions which in turn generated the *festa*, a celebration which is now held at only the slightest provocation. As we prepared these elaborate dinners, our files of family recipes began to bulge with dishes supplied by our Italian friends.

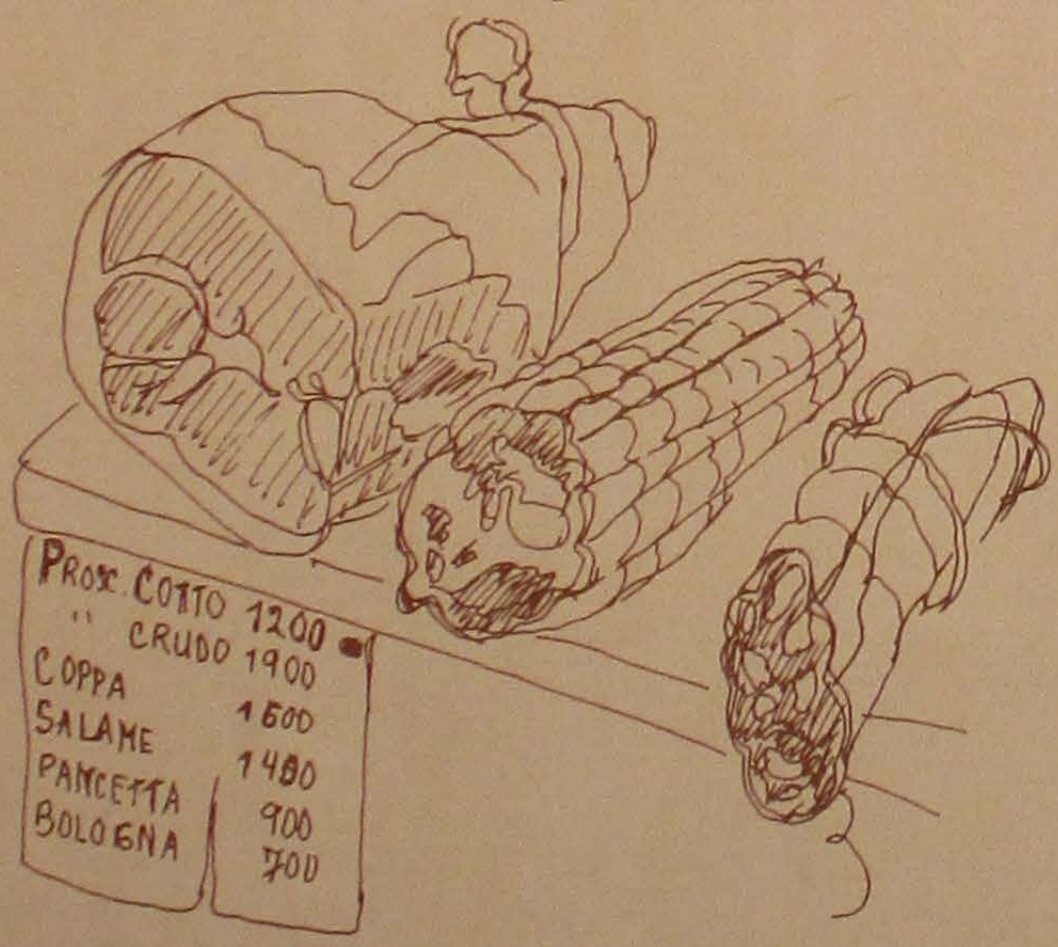
One of our visitors, Adele Vittorio, spoke no English. With Gilda translating her directions to the class, Adele taught an Italian cooking course in adult education. Her love of fine cuisine sparked a new interest on our part.

Our Italian friends come and go and we have visited them on occasion. We anticipate more warm meetings with our Italian visitors and the collection of more recipes to be shared in the future.

Nearly every Italian who arrives in Ames is directed to us and such was the case with Giovanna who shared our common interest when she arrived. Not long after that, our joint effort was begun.

The recipes you find here are family recipes, handed down from generation to generation. Our first taste of many of them came at family dinner tables in Buffalo, New York; Plymouth, Massachusetts; and Rome, Italy. Other ones were first enjoyed in Ames, prepared by friends from Naples, Padua, Venice, Bologna, Florence, and Rome.

All recipes are intended to serve six persons.



II

NOTES ABOUT THE AUTHORS

Gilda Cappannari

My life started in the historic New England town of Plymouth, Massachusetts, where both my parents had immigrated from Italy in the early 1900's as did many other Italians. My father was born in Porto di Recanati, on the Adriatic Sea while my mother came from Cento, a village about 20 miles north of Bologna. They met and married in Plymouth. There was a good deal of Italian influence in our daily family lives since my father's brother and his family lived with us in the same house (11 in all). Neither my aunt nor uncle spoke English therefore all the children were bilingual. We lived on a street close to Plymouth Rock in a neighborhood of nearly 75% Italian immigrant families from different parts of Italy, exposing us to different types of cultures and cuisines. My mother was chief cook for the two families with the result that our food was principally from the Bologna area and, although she did not have a vast repertoire, her dishes were exceptionally well-prepared and very flavorful. Our kitchen was a busy spot, especially during holiday periods when all our Italian relatives descended upon us for a reunion meal of Italian delicacies. My father's homemade wine (150 gals. a year) was well-received on these occasions but actually was an integral part of our everyday meals as water is to many Americans. This family background contributed largely to my sense of feeling more Italian than American in eating habits which persists to this day and has been happily acquired by my American husband.

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Anita Carrubba

My parents, Calogero Carrubba and Pietrina Fuoco, were born in Sicily in the province of Caltanisetta. They emigrated to the United States soon after World War I as man and wife, settling in Buffalo, New York, where there was, and still is, a large Italian population. They had six children, of whom I am the youngest.

We ate always as a family with my mother preparing the meals. Although Mama spent plenty of time cooking, I did not pay much attention to what went on in the kitchen as I grew up. My favorite dishes were spedini and a veal stew made with red wine--but I had little idea of how they were prepared. Mama had no recipes on paper or any specific measurement for ingredients. My sister Mary had the wisdom to observe and write down many, many recipes or they would have been lost.

I remember our holiday feasts which went literally from soup to nuts: soup, pasta, roast meat, vegetables, bread, salad, homemade wine, dessert, and ultimately the nuts. Everyone sat around the table drinking coffee and eating nuts, littering the tablecloth with nutshells and filling the room with conversation. (My mother told me that in Sicily nutshells were used for fuel.)

Mama refused to speak English and never acknowledged American food. Her dishes were distinctly southern Italian, fairly hearty and spicy. I love them still.

My interest in cooking did not begin until after my marriage. My husband enjoyed eating a well-prepared meal and with a little practice I became proficient. A year in Paris gave me the opportunity to attend cooking school. Having gained new insights in the art of cooking, I remembered recipes and

started to collect, try, alter and simplify them. The love of improvisation continues to this day.

My husband and I went from Paris to Ames, Iowa (until then "an Iowa college town" in the New Times crossword puzzle). It was here that I met my colleagues, Gilda and Giovanna, Italophiles, and expert cooks who wanted to write a cookbook to preserve our common heritage.

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Giovanna Del Nero

I am a native Italian, having been born in Pisa, Tuscany, where I spent my childhood. During World War II my family moved to Rome where I grew up. I lived in the center of Rome, a stone's throw from the Pantheon and Piazza Navona with my parents, brother, sister, grandmother, and a wonderful cook-housekeeper from Bologna. With three women in the house, all expert and imaginative in the art of meal preparation, I did not have much chance to cook in those years. However, I must have absorbed some of their skill during the many hours I spent in the kitchen with them. Watching Maria make one type or other of the many wonderful noodle dishes for which Bologna is rightly famous is still among my fondest memories.

I remember with nostalgia the daily trips to the open market in Rome. Early in the morning, vendors assemble along streets or in squares designated for this purpose, set up their stalls of fresh fruits and vegetables, fish and poultry, herbs and spices, flowers and plants, then loudly advertise their merchandise. It is a colorful and busy scene, very attractive to the tourists, but an integral part of the Italian life.

Bread was brought fresh from the bakery twice a day, for the midday dinner and evening light supper. It was crisp and delicious and if I close my eyes I can still smell its warm aroma.

When I came to Ames a few years ago, I was immensely surprised to be approached by Gilda and Anita. The last thing I expected to find in the Middle West was a very active Italian group with a lively interest in cooking in general and Italian cooking in particular. Since then we have had some wonderful times in one another's kitchens, preparing some memorable festive meals for the group. The idea of writing a cookbook together was the natural consequence of this happy association.

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Cynthia Richards

Cynthia Richards Borsa, our illustrator, is a native of Spearfish, South Dakota who earned B.S. (1960) and M.S. (1964) degrees in Applied Art at Iowa State University. Here she met her husband-to-be, an Italian physicist at the time a post doctoral fellow, and both became members of our Italian Club. She and her husband with their two children now live in a small village near Milan, Italy; her husband is a professor of physics at the University of Pavia and Cynthia has a studio in their home. She is particularly known for wood collages, but is also quite deft with pen and we thought her drawings of utensils and food, reflecting her day-to-day life in Italy, especially appropriate for this book.

IV

WINES AND ITALIAN FOOD

Food is inextricably linked with wine in Italian cuisine. From Pre-Roman days to the present, grapes have been cultivated in Italy, from the chilly mountain slopes in the North to the hot dry hills of Sicily. Each region of Italy has its own special wines, some known world-wide, some appreciated only locally. Of the 3000 or more varieties of Italian wines, about 600 have been recognized as Wines of Controlled Origin (Denominazione di Origine Controllata). Such wines are generally produced by major vineyards; although usually of good quality, they are not necessarily better than the products of smaller vineyards with a less extensive distribution.

The discerning readers of this cookbook certainly will not need to be convinced of the wonderful interaction between a given food and appropriate wine. But for the few who have not yet discovered this delightful interplay, a few general principles on the use of wine might be given. The primary consideration is that the wine and a given food should enhance the flavor of each other, and certainly must not overpower the other. In general, foods with delicate flavors and texture, such as most fish and chicken dishes, are best eaten with a white wine, whereas foods with a robust character and taste, such as most meats, are usually accompanied by a red wine. Of course, many situations which are not at all clear cut exist. For example, some white wines have characteristic, often quite strong bouquets, whereas some red wines are very light and delicate. Veal, a favorite meat among Italians, might be accompanied by a white or light red wine, depending on the nature of the wine and the way the veal is cooked. Rosé wines are generally closer to white wines in character; although some have unique characteristics, most are mainly chosen to add a lovely red or pink color to a table setting when a white wine is appropriate.

White wines are generally served chilled or truly cold. Often the recommended serving temperature is cited on the bottle. Red wines are usually served at room temperature or slightly chilled. White wines generally are not improved much by aging for more than 2-4 years, whereas red wines, and particuarly some red wines, just become better and better as the years pass, up to, perhaps a maximum of 20 years in most cases. A fine old red wine is a priceless joy; treat it with great respect, do not change its temperature rapidly, move it carefully with minimal disturbance, remove the cork a half-hour or so before the meal, decant the clear, vibrant red liquid carefully into a transparent crystal container before serving, and then savor each sip to the fullest.

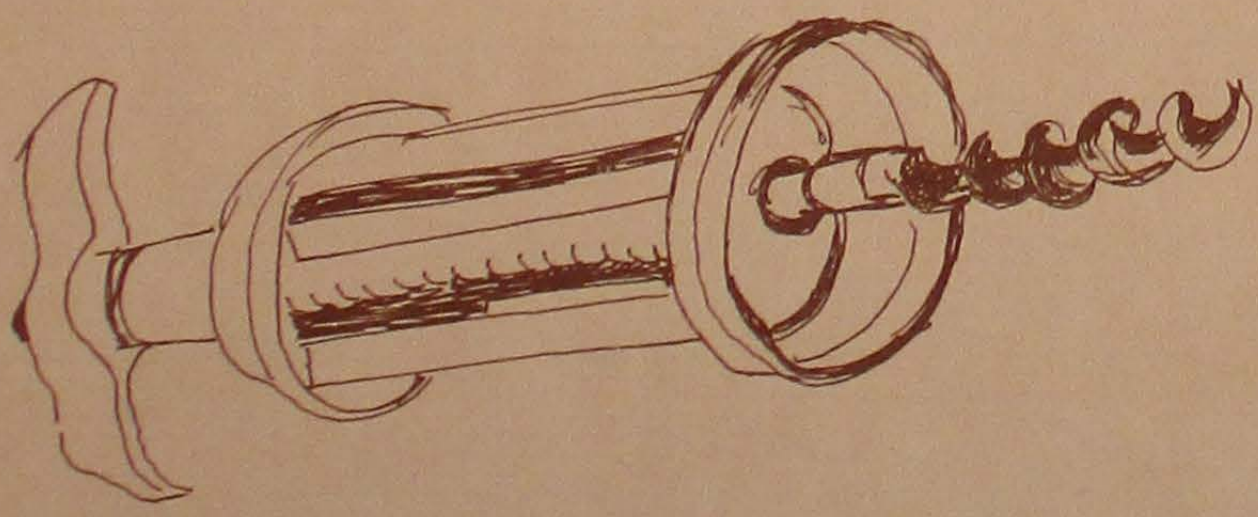
Essentially all table wines, both white and red, with their differing aromas and taste and consistency, contain very little sugar, i.e. are "dry". The sweeter, often heavier wines are best used to accompany desserts, sweets and some fruits. In their selection, the dominant concern, as always, is to harmonize the wine with a specific food. In most meals, lighter more delicate dishes precede heavier, stronger ones. Similarly, in serving wines, subtle white wines precede more robust red wines, which in turn precede the dessert wines.

The Italians often place liquid "book ends", so to speak, around their meals; in the beginning an "aperitivo" is often taken, and at the end, often together with their dense, black "espresso" coffee, a digestivo. Some aperitivi and digestivi have a bitter taste, much enjoyed by most Italians. Campari, either on ice or with ice and soda, is an example of the former, and Branca menta, either served at room temperature or on ice, of the latter. Grappa, the Italian equivalent of brandy, is often drunk as well post-prandially.

Justice clearly cannot be done to the many fine wines of Italy in such a short discussion, but a few examples of excellent wines from selected regions will be cited: From Piemonte in the Northwest: Barbera, Cortese, Grignolino, Barolo, Spanna, Nebbiolo and the wonderful sparkling spumantes, Asti and Fontanafredda; from Veneto in the Northeast: Prosecco di Conigliano, Pinot nero, grigio and bianco, Valpolicella, Soave, Bardolino, Tocai and Merlot; from Emilia Romagna in the North central region: Lambrusco and Trebbiano; from the Marche in the East central region: Sangiovese and Verdicchio; from Toscana, including Florence, and Umbria in the Central region: Chianti, Vin Nobile di Montepulciano, Lacrima d'Arno, Orvieto, Vernaccia and Brunello di Montalcino; from Lazio, including Rome, in Central Italy: Frascati, Colli Albani, Aleatico and Cesanese; from Calabria in the South: Pollino, Ciro and Donnici; from Sicily: Marsala, Cerasuolo, Fiore di Salaparuta and Moscato; and from Sardegna: Cannonau, Malvasia, Monica and Nuragus. These wines are listed by type in the accompanying table. Although for many years only the best known Italian wines were imported, many fine Italian wines are now available in most cities of the United States, including the majority of those previously mentioned.

A word should be said about vintage, mainly for information rather than as a strict guide to selection. For red wines, 1964 was a wonderful year in most of Italy, with 1967, 1973 and 1977 also considered to be very good years. For white wines, 1979 was an exceptional year. Our discerning readers should not conclude, however, that wines produced in other years are consequently of poorer quality. The gamut of wine quality in any given year is always greater than differences from year to year. Thus wonderful wines are produced even in so-called "off" years. And the skill of the vintner in blending wines to produce a fairly uniform product does much to reduce year-by-year variation. Nonetheless, if you find a well-reputed wine of the years indicated above, you shouldn't pass it by.

It is not our intention to ignore the many fine wines produced in the United States, or in other countries. But both our own domestic wines as well as major brands of these other countries tend to be well advertised and generally available. Unquestionably, Italian food tastes just fine with a lovely dry Fume´ blanc from California, a fine Cabernet from France or a cold delicate Riessling from Germany or Chile. But when a fine Italian wine is served with a delicious Italian meal,an intangible cultural touch is added to the enjoyment of the repast.



Selected Italian Wines

White Table Wines

Colli Albani
Cortese
Fiore di Salaparuta
Frascati
Lacrima d'Arno
Nuragus
Orvieto
Pinot bianco
Pinot grigio
Prosecco di Conigliano
Soave
Tocai
Trebbiano
Verdicchio
Vernaccia

Red Table Wines

Barbera
Bardolino
Barolo
Brunella di Montalcino
Cannonau
Cerasuolo (rosé)
Cesanese
Chianti
Ciro
Donnici
Grignolino
Lambrusco
Merlot
Monica
Nebbiolo
Pinot nero
Pollino
Sangiovese
Spanna
Valpolicella
Vin Nobile di Montepulciano

Sweet White Wines

Malvasia
Moscato

Sweet Red Wines

Aleatico
Marsala (amber)

Spumante

Asti
Fontanafredda

BASIC RECIPES

Basic Crema Pasticcera

1/2 cup sugar
1/2 tsp. salt
6 Tbsp. flour
1 cup milk
1 cup cream
2 beaten eggs
2 tsp. vanilla

Mix dry ingredients in saucepan. Stir in eggs, milk, and cream. Heat to boiling point. Boil 1 minute, stirring constantly. Cool and stir in the vanilla. Makes about 2 1/2 cups.

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Basic Salad

Use any type lettuce: Boston, redleaf, romaine, iceberg, etc. Tear the leaves into bite size pieces, using your own judgement as to serving amounts. Combining different types of lettuce provides color and texture. Add any leftover vegetables, if desired.

Dressing

5 Tbsp. olive oil
2 Tbsp. lemon juice or vinegar, or a mixture of both
Salt and pepper to taste
A clove of garlic, cut in half
Pinch of dry mustard

Shake well in a jar. To this may be added any herbs to taste.

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Basic Bechamel Sauce

4 Tbsp. butter
4 Tbsp. flour
1 tsp. salt
2 cups hot milk
Generous pinch of nutmeg

Melt butter over medium high heat. Remove from fire and mix in flour and salt. Cook for one minute being careful not to brown. Away from fire, blend in milk. Cook, stirring constantly, until thick and bubbling. Stir in nutmeg and adjust seasoning.

Basic Tomato Sauce

1 medium size onion
1 medium size carrot
1 stalk of celery
1 Tbsp. parsley
1 bay leaf
4 Tbsp. butter
2 Tbsp. olive oil
1 clove of garlic
1 28-oz. can whole tomatoes
or
2 lbs. fresh, skinned, ripe tomatoes, chopped
2 Tbsp. tomato paste diluted in 1 cup of hot water
Salt and pepper to taste

Mince first four ingredients and cook them slowly in melted butter and olive oil. When onions are transparent, add all other ingredients. Simmer gently for about 30 minutes. Adjust seasoning before using.

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Bouquet Garni

A bouquet may consist of any herbs tied up in a piece of cheesecloth. Most often, it is a sprig each of parsley and thyme, and a bay leaf.

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Chicken Broth

2-3 lbs. of chicken bones, backs, wings, and necks
1 carrot, cut in large pieces
1 stalk of celery with leaves, cut in large pieces
1 medium onion, cut in four pieces
4 sprigs of parsley
1 large bay leaf
2 tsp. salt
1/4 tsp. pepper
Enough water to cover the bones

Put the chicken in a large kettle. Add the water. Bring to a boil and skim off the foam that rises to the surface. When most of the foam has been removed, add all the remaining ingredients. Return to the boil, turn heat to simmer, and cook for 45 minutes. Turn off the heat and let the mixture cool. When cool enough to handle, drain the broth into a large covered container. Chill in the refrigerator several hours or overnight. Remove the fat congealed on the surface of the broth. Use the broth in soups. It can be frozen for up to 3 months. If desired, the chicken may be picked from the bones and used in soup or salad. Discard the bones and vegetables.

Mayonnaise

1 egg
3/4 tsp. salt
1/2 tsp. dry mustard
1/4 tsp. paprika
2 Tbsp. lemon juice
1 cup olive oil

Put egg, seasonings, lemon juice and 1/4 cup oil into blender container. Cover and turn motor on low speed. Immediately remove small center cap and pour remaining oil in a steady stream. Stop blender at once. Makes about 1 1/4 cups.

NOTE: Do not double this recipe. Start again from scratch if more is needed.

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Pasta Hand Made

2 scant cups flour
1 Tbsp. salt
1 Tbsp. olive oil
3 eggs

Put flour in a mixing bowl. Make a well in the center and put salt and oil in it. Add 3 eggs. Using a fork, stir the flour into the eggs little by little. When most of the flour has been mixed with the eggs, form the dough into a ball. Put dough on a generously floured board and knead for 8 to 10 minutes. Use additional flour if needed to keep dough from sticking to the board. To knead, fold the dough over toward its center and bear down with the heel of the hand, pushing outward from center. Give dough a quarter turn and repeat the above process. Continue to do this until dough is smooth and elastic. When finished, reshape into a ball. Put a thin coat of olive oil over the surface of the dough. Wrap in waxed paper and let rest for 15 minutes.

To roll pasta:

Cut a piece of dough from pasta ball. Place on floured board and roll with a wide rolling pin to desired thickness. Continue in the same way until all dough is used. Let dry about 30 minutes. Cut into desired shape.

To cook pasta:

6 quarts water
1 Tbsp. salt
pasta

Bring water to boil. Add salt and pasta, stir to avoid sinking. Boil only until "al dente". Do not let pasta get too soft.

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Machine Made Pasta

2 scant cups flour
1 Tbsp. olive oil
olive oil
3 eggs

Put flour in bowl of electric mixer. Make a well in center of flour. Into the well add the salt, olive oil, and eggs. Use dough hook. Start on low speed to incorporate flour slowly. When all flour has been incorporated and mixture is moist, turn motor speed up a notch. (Follow suggestions in machine booklet for exact number to use). Knead about 2 minutes. Turn motor off. Push down dough to center of bowl and turn it over. Return to speed and continue kneading 2 more minutes or until a ball is formed. Remove dough from bowl. Put a thin coat of olive oil over the surface of the dough. Wrap in waxed paper and let rest for 15 minutes.

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Pie Crust

1 1/2 cups flour
3/4 tsp. salt
3/4 cup (scant) butter or oleomargarine
3 Tbsp. cold water

Put flour, salt, and butter in mixing bowl. With a pastry blender, cut butter into flour mixture until it is the size of coarse corn meal.

Add 1 Tbsp. cold water at a time. After each addition, mix lightly with a fork. Bring dough together into a ball.

Roll dough to about 1/8" thickness and at least 1 inch wider than pie pan.

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To Bone a Whole Chicken

With sharp scissors, cut along both sides of back bone. Remove the bone and save it to make soup. Spread chicken open and with scissors or a very sharp knife, cut through cartilage at the "V" of neck. Holding chicken at neck and tail ends, bend back to expose breast bone. Loosen breast bone by running tips of fingers along both sides of bone. Pull it out and discard. Working with one side of breast at a time, detach meat from bones using scissors or knife and being careful not to break the skin. With your hands, break the joint between leg and hip bones, then remove only the latter. Add all bones to the back bone to make broth. Legs are left intact.

At this point, you can roll chicken in aluminum foil, wrap in freezing paper, and freeze for up to 2 months.

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To Clean and Prepare Artichokes

Remove stem by bending until it snaps off. Break off all the small leaves at the base of the artichoke. Holding the artichoke with the bottom up, bend the tough outer leaves back until they snap off. Continue, rotating the globe, until the tender, whiter inside leaves appear. With a sharp knife, cut this cone of leaves about 1 inch from the bottom. Trim bottom, rotating the artichoke against the sharp blade of the knife. Quarter the artichoke, remove the choke and drop the quarters into a bowl of cold water in which half a lemon has been squeezed.

Artichokes are very rich in iron so it is advisable to wear gloves when cleaning them to avoid staining your fingers.

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To Steam Rice

Bring 2 1/4 cups of water, 1 tsp. salt, and 1 tsp. lemon juice to the boiling point. Add 1 cup of long-grain rice, stir. Cover pan tightly, lower temperature and simmer until all water has been absorbed by rice. It should take about 20 minutes. Uncover the pan and fluff rice with a fork.

Espresso Coffee

Italian espresso coffee differs significantly from conventional American coffee. The mixture of coffee beans is different; the roasting process is more extensive; the roasted beans are ground much more finely; the coffee essence is extracted by steam under pressure. The resultant coffee is consequently much darker, has a more intense flavor, is stronger and is drunk in much small quantities. Happily, espresso coffee, often termed "Italian roast", is available in most supermarkets, and stove-top coffee makers are sold in many stores. In recipes calling for espresso coffee, conventional American coffee cannot be used. They are different substances and just are not interchangeable.

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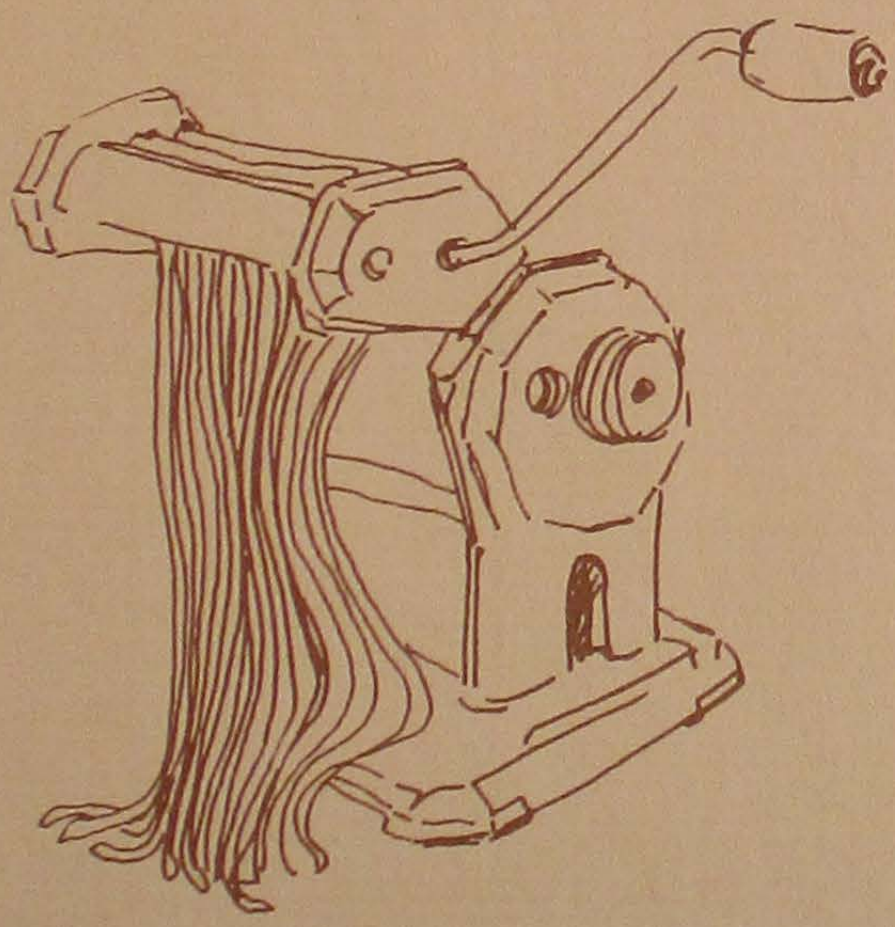
General Cooking Practice

Let us first deal with pasta. Pasta must never be overcooked and must be served hot, as soon as it is ready. Thus you will commonly find the term "al dente" in our recipes. "Al dente" means that the pasta still has some firm structure, as often indicated by a tiny remaining white dot at the center of a piece of spaghetti or fettucine.

Similarly, many fresh vegetables are cooked only to a point when some crispness of structure remains. A pallid, limp, overcooked vegetable, like tired spaghetti, has no place on the Italian table.



SPRING

A toast to spring! After poring over seed catalogs during the doldrums of winter, we have the promise of boundless rewards in our gardens and markets. Imagine asparagus picked a moment before using it! Peas shelled while the water is boiling! Strawberry-rhubarb pie for desert! This is the way Italian families have planned their meals for generations. What an invitation to the outdoors and to the kitchen! Welcome to the freshness of spring dining!

Spring Menu # 1

Pizza napoletana
Agnello al limone
Carciofi affogati
Uova di neve all'arancia

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Neapolitan pizza
Lamb with lemon egg sauce
Braised artichokes
Floating island with orange custard

Pizza napoletana

Neopolitan pizza

Oven Temp.: 400° F.

1 pkg. yeast
3 1/2 cups sifted flour
1 tsp. salt
1 1/4 cups lukewarm water

Dissolve the yeast in lukewarm water. Let stand approximately 10 minutes. Place sifted flour and salt in a bowl or on a board and make a hollow in the center. Add yeast mixture and work with hands until all flour is pulled together to form a ball. Put dough into a lightly floured bowl, cover, and set in a warm place until doubled in bulk. Knead the dough on a lightly floured surface until smooth and elastic. Roll out the dough to fit a pizza pan or divide into 6 equal portions and roll into 6 circles about 6 inches in diameter. Form a rim for each of the 6 circles. If using pizza pan, form a rim around the pan.

Topping

1/2 lb. Muenster cheese cut in small pieces
2 fresh tomatoes, seeded, peeled, and chopped
1 tsp. salt
1 tsp. pepper
1/2 cup grated Romano cheese
1 tsp. basil
2 Tbsp. olive oil

Spread oil over pizza circle or little circles. Sprinkle with the Muenster cheese, Romano cheese, tomatoes, salt, pepper, and basil. Bake about 20 minutes. Serve hot.

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Agnello al limone

Lamb with lemon egg sauce

1/2 onion, chopped
1/4 cup olive oil
1 1/2 lbs. lamb stew meat
1/2 cup white wine
Juice of 1 lemon
2 tsp. salt
3 eggs

Heat oil in pan. Add onion and lamb, and brown. Add wine and cook covered about 1 hour. Beat eggs with salt, pepper, and lemon juice. Pour over lamb, stirring very rapidly for about 5 min. Serve very hot. If desired, 1 cup cooked peas may be added during the last 5 minutes of cooking.

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Carciofi affogati

Braised artichokes

1/2 cup olive oil
3 artichokes (See Basic Recipe Section for preparing artichokes.)
1 clove garlic
1 tsp. capers
5-6 black olives
1/4 cup parsley

Cut the artichokes in quarters. Heat oil in a pan. Add minced garlic, capers, olives, and parsley. Add artichokes. Cook slowly, covered, for 45 min. Serve hot.

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Uova di neve all'arancia

Floating island in orange custard

Custard

2 egg yolks
3 cups milk
1 pkg. vanilla pudding
2 Tbsp. sugar
Dash Salt
1 Tbsp. grated orange peel

Beat egg yolks and milk together and add to dry ingredients, mixing well. Add grated orange peel and cook over medium high heat until mixture comes to the boil. Remove from heat and pour into a shallow serving dish. Refrigerate, covered, until ready to serve.

Meringue *Oven Temp.: 350° F.*

2 egg whites
Dash salt
1/8 tsp. cream of tartar
1/3 cup sugar

Beat egg whites until foamy. Add salt and cream of tartar. Continue to beat, adding sugar gradually until stiff peaks form. Butter the bottom of an inverted 8 inch layer cake. Mound meringue onto pan. Bake 10 minutes or until lightly browned. Cool.

Garnish

1 medium orange
1 Tbsp. orange peel, cut in thin strips

Peel orange and slice crosswise. Remove custard from refrigerator. Slide meringue onto the center of the custard. Arrange orange slices cut in half around the edge of the custard. Sprinkle orange peel strips on top. Refrigerate at least one hour.

Spring Menu # 2
Cotolette fritte
Fagiolini verdi
Patate bollite
Torta di ricotta

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Sirloin tip cutlets
Green beans
Boiled potatoes
Ricotta cake

Cotolette fritte

Sirloin tip cutlets

1 lb. sirloin tip roast (very thinly sliced)
1 cup flour
3 eggs (beaten with salt and pepper)
1 tsp. salt
1/4 tsp. pepper
About 1 cup dry bread crumbs
Oil for frying (about 1/2 cup)

Cut sirloin in 6 cutlet size pieces. Roll cutlets in the flour mixed with salt and pepper, shake well, dip in beaten eggs then in bread crumbs. Heat oil for frying. Fry cutlets over medium heat until golden in color. Drain on paper toweling. Serve immediately.

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Fagiolini verdi

Green beans

1 lb. green beans
1 garlic clove, crushed
1/4 cup lemon juice
1 tsp. salt
1/4 tsp. pepper

Cook green beans in boiling water until tender. Drain. Mix with remaining ingredients.

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Patate bollite

Boiled potatoes

6 medium potatoes
1/4 cup olive oil
2 tsp. wine vinegar
A few sprigs parsley or chopped chives
Salt and pepper to taste

Boil peeled potatoes. Slice thickly. Keep warm. Add remaining ingredients and stir well but gently.

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Torta di ricotta

Ricotta cake

Oven Temp.: 350° F.

1 box yellow cake mix
2 lbs. ricotta
3/4 cup sugar
4 eggs, well beaten
1/4 tsp. vanilla

Mix cake as directed. Pour into greased and floured cake pan (13" x 9"). Mix ricotta, eggs and vanilla. Pour *over* batter. Do not mix. Bake for one hour. Test with toothpick. Toothpick should come out clean. Cool. Cut into small squares. Makes about 28 2 inch x 2 inch pieces.

Spring Menu # 3

Pasta con tre salse
Souffle' di spinaci
Insalata mista
Cassata alla siciliana

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Pasta with three sauces
Spinach souffle
Mixed salad
Sicilian torte

Pasta con tre salse

Pasta with three sauces

Tuna sauce

4 Tbsp. butter or margarine
1 can drained tuna
1 medium onion, chopped
1 clove garlic, minced
2 Tbsp. chopped parsley
1/8 tsp. grated lemon rind
1/2 cup white wine
1/2 cup beef or chicken broth

Melt butter or margarine. Cook onion, garlic, parsley, and lemon rind until onion is soft but not browned. Remove garlic. Add chopped tuna and cook until butter has been absorbed. Add wine. Cook until wine is absorbed. Add broth. Simmer 10 minutes longer.

Clam sauce

1/4 cup olive oil
2 garlic cloves, minced
1/4 cup white wine
3 Tbsp. minced parsley
1/2 tsp. salt
1/4 tsp. pepper
1/2 tsp. oregano
2 #6 1/2-oz. cans minced clams with juice

Heat oil in small saucepan. Add minced garlic. Do not brown, but saute lightly. Add wine, parsley, salt, pepper, and oregano. Heat well. Add clams with liquid. Bring to boil and remove from heat.

Mushroom sauce

3/4 lb. sliced mushrooms
4 Tbsp. butter or margarine
1-2 cloves garlic minced
1/2 cup heavy cream, optional
2 Tbsp. Parmesan cheese, optional

Saute mushrooms and garlic in butter. Add salt and pepper to taste. If desired, cream and Parmesan may be added at this point. Heat well. Serve with a generous amount of grated Parmesan cheese.

Cook 1 lb. spaghetti or other pasta in boiling salted water until "al dente", or just done. Serve the pasta. Each person may choose one or more of the sauces.

Souffle' di spinaci

Spinach souffle

Oven Temp.: 350° F.

1/4 cup butter
4 Tbsp. flour
1 cup hot milk
3/4 tsp. salt
1/4 tsp. nutmeg
2 tsp. lemon juice
1/4 cup Parmesan
1 cup finely chopped spinach
4 eggs, separated
1/4 tsp. cream of tartar

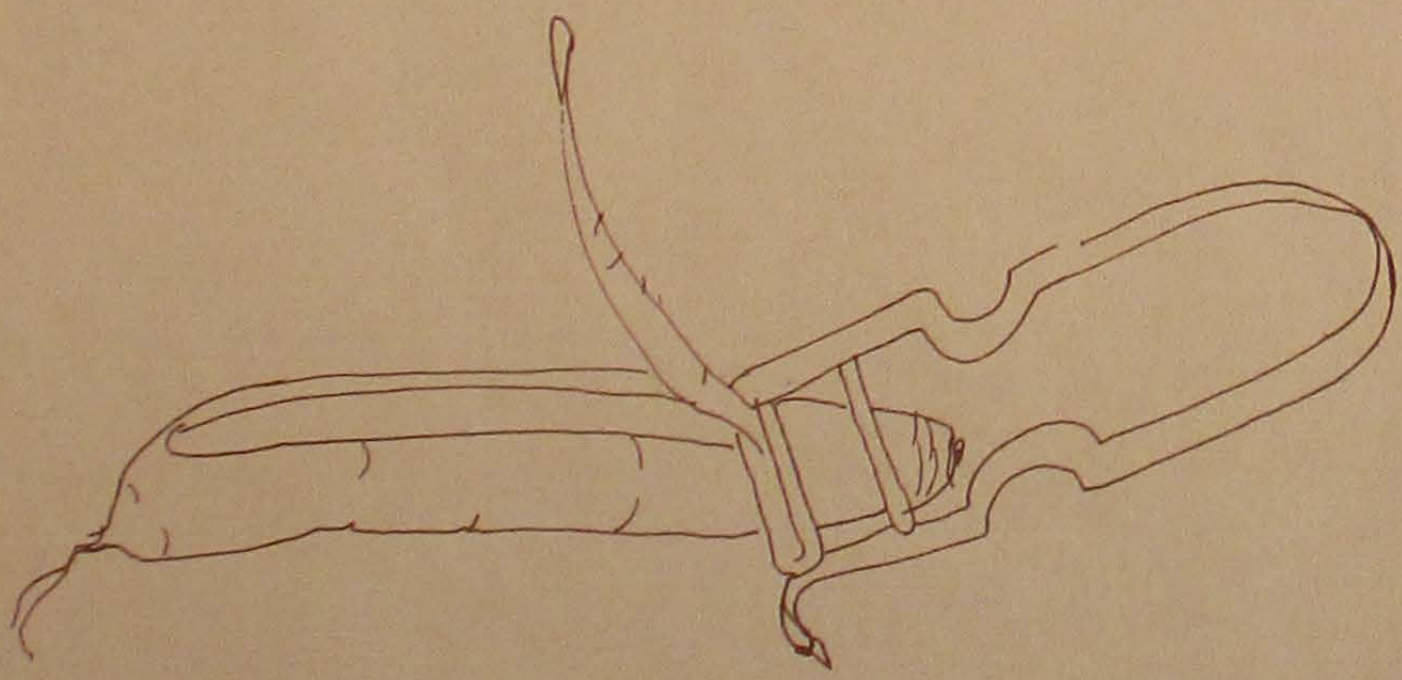
Melt butter. Add flour, then milk. Stir continuously, cook until thick. Add seasonings, lemon juice, cheese, and spinach. Mix well. Beat egg yolks until thick and lemon-colored. Blend a little of the hot mixture into the yolks. Add to remaining hot mixture. Add cream of tartar to egg whites. Beat until soft peaks form. Do not beat dry. Fold hot mixture into whites gently to prevent them from deflating. Turn into 1 1/2 quart buttered souffle' dish. Bake until puffed and brown on top, about 30 minutes. Serve at once.

Insalata verde mista

Mixed green salad

3 cups mixed salad greens (lettuce, spinach, romaine)
3 Tbsp. minced fresh herbs (parley, oregano, basil)
3 Tbsp. olive oil
1 Tbsp. lemon juice
Salt and pepper to taste

Break green leaves in bite-size pieces and put them in a salad bowl. Sprinkle them with the herbs. Mix other ingredients and pour over salad a few minutes before serving time. Toss well.



Cassata alla siciliana

Sicilian torte

Sponge cake (Pan di spagna) *Oven Temp.: 350° F.*

1 cup flour
1 tsp. baking powder
3/4 cup sugar
4 eggs, separated
1/3 cup sugar
1/2 tsp. cream of tartar
1/2 tsp. salt
1/4 cup water or fruit juice
1 tsp. vanilla
1/4 tsp. lemon extract

Sift flour with baking powder and sugar and set aside. Combine 4 egg whites, cream of tartar, and salt. Beat them at high speed until soft peaks form. Gradually add remaining sugar. Continue beating until peaks are stiff. Combine 4 egg yolks, water or fruit juice, extracts, and dry ingredients. Beat 1 minute at medium speed. Fold gently into whites using wire whisk or spatula. Pour batter into ungreased 9 or 10 inch tube pan. Bake 30-40 minutes or until top springs back at the touch. Invert pan on rack immediately and cool about one hour before carefully removing cake from pan.

Filling

1 lb. ricotta
3/4 cup sugar
4 oz. mixed candied peel, finely chopped
6 Tbsp. grated semi-sweet chocolate
1 Tbsp. rum

Cream ricotta and sugar until well blended. Stir in remaining ingredients.

To assemble:

1 cup heavy cream
2 Tbsp. confectioner sugar
6 Tbsp. rum

Cut cake horizontally into 3 layers. Sprinkle each layer with rum, about 2 Tbsp. per layer. Spread bottom layer with half of ricotta mixture. Cover with second layer. Sprinkle with rum.

Spread remaining ricotta, cover with last layer of cake. Sprinkle top with rum. Whip cream until thick. Add sugar, mix and spread on top and sides. Decorate with bits of candied fruit.

Cake is best when made and assembled several hours in advance.

Spring Menu # 4

Carciofi vinaigrette
Filetti di sogliola al vermouth
Asparagi primavera
Pane italiano
Mandorlato

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Artichokes vinaigrette
Filets of sole with vermouth
Spring asparagus
Italian bread
Almond cake

Carciofi vinaigrette

Artichokes vinaigrette

6 artichokes
2 qts. boiling salted water
1 tsp. chopped parsley
1 Tbsp. freshly squeezed lemon juice
4 tsp. olive oil
Salt and pepper to taste

Drop the artichokes in boiling water and simmer for 15-20 minutes or until the outer leaves are tender. Drain well. Mix remaining ingredients to be used as a sauce. Break off leaves one by one and dip in sauce. Eat only the inner soft part of each leaf.

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Filetti di sogliola al vermouth

Filets of sole with vermouth

Oven Temp.: 350° F.

2 Tbsp. butter, melted
1/4 lb. mushrooms
1/4 cup chopped scallions or spring onions
1/4 cup chopped parsley
1 1/2 lbs. filet of sole, partially defrosted
2 Tbsp. flour
1 tsp. paprika
1 cup dry vermouth
Salt and pepper to taste

Saute scallions and sliced mushrooms in the butter. When golden, sprinkle them with flour and paprika. Add the vermouth and simmer gently until the sauce is thickened.

Arrange half of the sauce on the bottom of a shallow casserole, lay the filets on top of it, sprinkle with salt and pepper, cover with the rest of the sauce. Bake, covered, for 15 minutes and uncovered for an additional 5 minutes.

Sprinkle with parsley and serve immediately.

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Asparagi primavera

Spring asparagus

1 lb. asparagus
4 Tbsp. butter
1 1/2 Tbsp. lemon juice
Salt, pepper
1 hard cooked egg

Cook asparagus until tender crisp. Melt butter. Add juice, salt and pepper to taste. Place cooked asparagus on serving plate, pour butter and seasonings over them. Sieve egg over the top.

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Mandorlato

Almond cake

Oven Temp.: 350° F.

5 eggs, separated
1 1/4 cups sugar
1/4 cup water
1 1/4 cups flour
3 tsp. baking powder
1/4 tsp. salt
1/8 tsp. almond extract
Grated peel of 1 lemon
1/2 tsp. cream of tartar
2 cups heavy cream
1/4 cup confectioner's sugar
1/8 tsp. almond extract
1/4 cup rum (optional)
1 cup slivered toasted almonds
1/4 cup toasted sliced almonds

Beat egg yolks until thick and pale yellow. Add sugar slowly, continuing to beat well. Reduce speed and add water, then flour mixed with baking powder and salt. Add extract and lemon peel and mix well.

With clean beaters and in a clean bowl, beat egg whites until soft peaks form. Add 1/8 tsp. cream of tartar and continue beating until stiff but not dry. Carefully fold into yolk mixture. Pour into a 10 inch x 2 1/2 inch spring form pan. Bake for 45 minutes. Turn oven off but leave the cake in for an additional 5 minutes. Remove cake from oven. Cool completely on rack before removing from pan. When cool, cut cake in half horizontally.

Whip cream with 1/4 cup confectioner's sugar and 1/8 tsp. almond extract. To half of it, add 1 cup toasted, slivered almonds. Spread on the bottom layer of the cake. Cover with top layer. Spread the other cup of cream on the top and sides of cake. Decorate with sliced toasted almonds.

Note: The two cake layers may be moistened with 2 Tbsp. rum each before spreading the whipped cream.

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Spring Menu # 5

Petto di tacchino ripieno
Patate arrosto
Finocchio gratinato
Insalata mista
Fragole alla Marsala

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Stuffed turkey breast
Potatoes roasted in the pan
Fennel with Parmesan cheese
Mixed salad
Strawberries with Marsala wine

Petto di tacchino ripieno

Stuffed turkey breast

Oven Temp.: 325° F.

5 1/2 lb. turkey breast
2 lbs. bulk sausage
2 pkgs. chopped spinach, defrosted and squeezed dry
Salt and pepper
4 carrots, peeled and cooked
3 scallions sliced
3 cloves garlic, minced
1/2 cup strong chicken broth
1 potato per person, peeled and quartered lengthwise
Dry white wine or chicken broth as needed
Watercress or parsley for garnish

Bone turkey breast or have your butcher do it. Skin must remain intact. Pound breast to about 1 inch thickness, taking care not to break the skin. In center of breast, spread 1 lb. of bulk sausage to within 1 inch of edge. On top of sausage, spread one package of spinach, thawed and squeezed dry. Sprinkle with salt and pepper. On spinach, place the carrots, then spread second package of spinach, salt, pepper and second lb. of sausage. Bring edges of turkey breast together around stuffing and skewer securely. Tie with string in several places. Rub entire roast with butter or margarine. Place in large roasting pan. Sprinkle with salt and pepper, scallions, and garlic. Cover, roast for 1/2 hour. Pour broth over roast. Baste every half hour with drippings. Wine may be used. After 2 hours of cooking, insert meat thermometer, add potatoes around meat. Continue to baste meat. The roast is done when the thermometer registers 190° F.

Remove roast. Wrap in foil and keep warm. Let meat rest for 15-20 minutes for easy slicing. Garnish with watercress or parsley. Slices are so colorful with orange, green, brown, and white!

Sauce

Melt 3 Tbsp. butter or margarine. Add 3 Tbsp. flour, 1/2 tsp. salt, pepper. Add 2 cups liquid from roasting pan. Stir until thick. Some chicken broth may also be used. Serves 12 generously. Any leftover meat may be used sliced thinly, arranged on a bed of lettuce.

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Insalata mista

Mixed salad

1 green pepper, sliced in rings
1 tomato, sliced
1 cucumber, sliced
1 chopped hard-boiled egg

Overlap tomato and green pepper slices around edge of bowl. Place cucumber slices in center to simulate a flower. Pour dressing over vegetables. Sprinkle with chopped egg.

Dressing

Juice of 1/2 lemon
2 Tbsp. chopped fresh chives
1/4 cup olive oil
Salt and pepper to taste

Mix all ingredients well.

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Finocchio gratinato

Fennel with Parmesan

3 fennel bulbs quartered
4 Tbsp. butter
1/4 cup Parmesan cheese, grated

Steam fennel until tender crisp, about 10 minutes. Layer it into a buttered baking dish. Dot with butter. Sprinkle cheese over top. Broil until golden brown.

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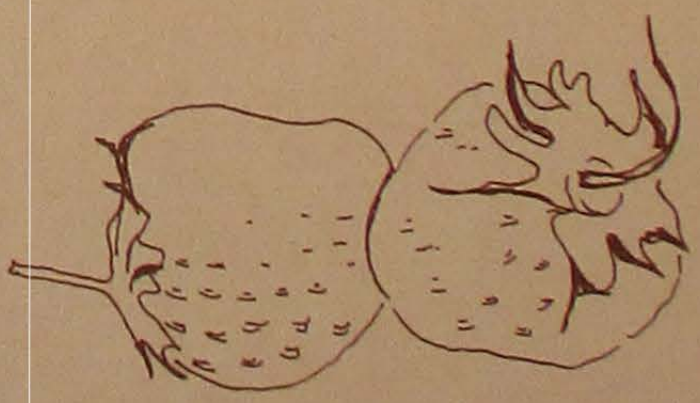
Fragole alla Marsala

Strawberries with Marsala wine

One quart strawberries
1/4 cup sugar
1/2 cup Marsala wine
1 cup whipping cream

Wash and hull strawberries. Sweeten with sugar. Add wine and refrigerate. When ready to serve, drain off 2/3 cup juice and reserve. Beat cream. Add reserved juice little by little to cream,as much as it will hold and remain firm. Serve strawberries in individual dishes topped with Marsala cream.



Spring Menu # 6

Pollo con melanzane
Carote con salsa di capperi
Insalata indivia
Macedonia di frutta

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Chicken with eggplant
Grated carrots with caper sauce
Romaine salad
Fruit salad

Pollo con melanzane

Chicken with eggplant

Oven Temp.: 350° F.

1 medium eggplant
1 Tbsp. lemon juice
Salt and pepper to taste
1/2 cup flour
2 tsp. salt
1/8 tsp. pepper
3 lbs. chicken pieces
1/4 cup oil
2 Tbsp. butter
1/4 cup chopped onion
1 clove of garlic, minced
1/2 lb. mushrooms, sliced
1 8-oz. can tomato sauce or 1 cup homemade tomato sauce
1 cup dry white wine
1/4 tsp. dry basil
1/4 cup chopped onion

Pare eggplant and cut crosswise into 1/2 inch thick slices. Layer in 9 inch x 13 inch ovenproof dish. Season with salt, pepper, and lemon juice and set aside.

Mix the flour, salt, and pepper and coat chicken pieces. Brown them in the oil and butter and arrange in a layer over the eggplant. In same skillet, sauté onions, garlic, and mushrooms until golden brown. Pour in tomato sauce, wine, and basil and, when it starts to boil pour it over the chicken and eggplant. Cover with aluminum foil and bake for about 45 minutes or until chicken is fork tender. Remove cover during last 15 minutes of baking.

Serve garnished with a few sprigs of parsley or with watercress.

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Carote con salsa di capperi

Carrots with caper sauce

6 carrots, grated
2 Tbsp. butter
1 1/2 Tbsp. flour
1 cup milk, warmed
1/4 tsp. salt
2 Tbsp. capers
2 tsp. lemon juice
Dash of pepper

Melt butter in a small saucepan. Add flour and stir until smooth but not browned. Slowly add milk. Continue cooking and stirring until sauce thickens. Add remaining ingredients and mix well. Arrange carrots in a shallow bowl and pour sauce over them. Serve immediately.

Insalata indivia
Romaine salad

1 large head Romaine lettuce
1/4 cup olive oil
Juice of 1/2 lemon
Salt and pepper to taste

Separate lettuce leaves, discarding wilted or brown ones, and wash well. Take three or four leaves at a time, roll them up lengthwise and cut them in strips not wider than 1/4 of an inch. Put them in a salad bowl, pour well-mixed dressing over salad and toss.

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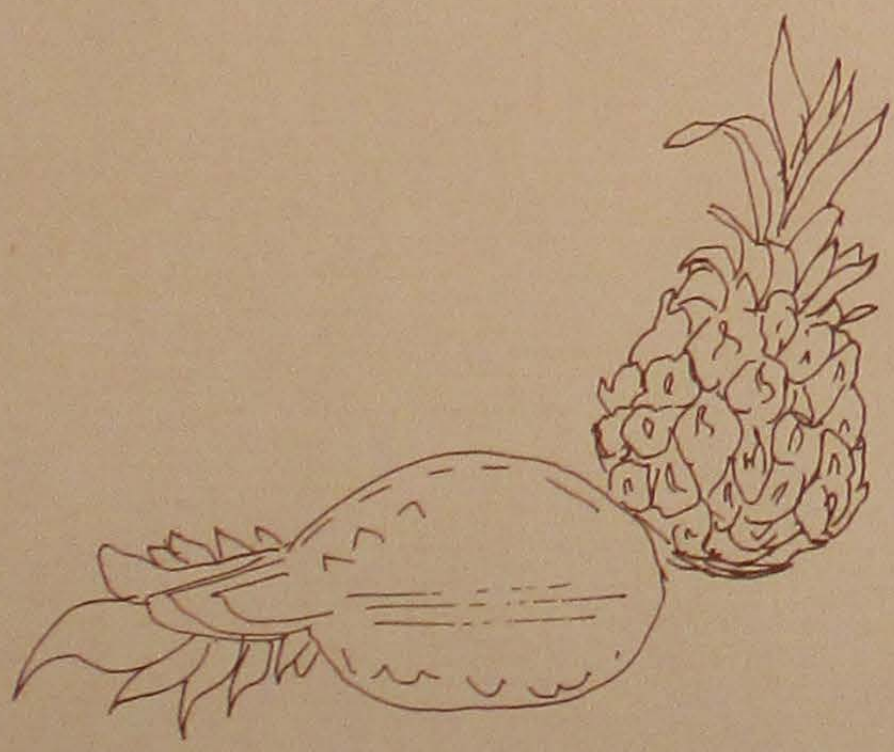
Macedonia di frutta
Fruit salad

1 pint strawberries, sliced
1 cup watermelon chunks
1 cup pineapple chunks
2 medium bananas, sliced
5 pieces candied ginger, chopped
2 Tbsp. sugar
1/4 cup Marsala or other sweet wine

Gently mix all ingredients. Chill thoroughly to blend flavors.



Spring Menu # 7

Funghi della Nonna
Riso ai gamberi
Asparagi vinaigrette
Crema di ricotta

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Nonna's mushrooms
Rice with shrimp
Asparagus vinaigrette
Ricotta cream

Funghi della Nonna

Nonna's mushrooms

Oven Temp.: 350°F.

Mushrooms--about 30
1/4 cup olive oil
1 garlic clove, minced
1/2 cup dried bread crumbs
1/3 cup Parmesan cheese, grated
2 Tbsp. chopped parsley
1/2 tsp. dried basil
1/2 tsp. salt
1/8 tsp. pepper

Preheat oven to 350° F. Remove stems from mushrooms and chop them. Heat olive oil, add stems and garlic, and saute for 5 minutes. Cool. Stir in other ingredients. Place mushroom caps on lightly oiled pan. Fill cavities with prepared mixture. Bake 15 minutes. Serve immediately.

Note: May be baked and then frozen on a baking sheet. When frozen, mushrooms may be stored in a plastic bag or container up to 3 months.

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Riso ai gamberi

Rice with shrimp

1 lb. shrimp
1 onion, chopped
1 clove garlic
1 stick butter (1/4 lb.)
3/4 cup white wine
1 qt. bouillon
1 cup Parmesan cheese, grated
2 Tbsp. chopped parsley
2 cups rice

Cook chopped onion and garlic in 1/2 the butter. Add the shrimp and cook until they turn pink. Remove shrimp from pan, add wine, and, when reduced to 1/2 its volume, add rice and mix well. Bring bouillon to boil. Add to rice and cook over low flame and tightly covered until almost dry, about 20 minutes. Remove cover, add shrimp, parsley, remaining butter, and cheese. Mix well and serve piping hot.

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Asparagi vinaigrette

Asparagus vinaigrette

36 asparagus stalks
1/4 lb. butter (1 stick unsoftened)
Juice of 1 lemon

Wash asparagus in cold water until completely free of dirt. Cook in boiling, salted water until tender crisp, about 5 minutes. Drain and place on a warm platter and pour lemon butter over them.

They may also be served cold.

Lemon butter

In a small pan, over medium high heat, reduce the lemon juice to 1 1/2 tablespoons. Cut the stick of butter into 8 equal pieces and add them, one at a time, to lemon juice, stirring constantly.

It may be prepared in advance. If too thick at serving time, stir in a few drops of warm water.

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Crema di ricotta

Ricotta cream

12 oz. ricotta or cream cheese or a mixture of both
1 cup sugar
4 eggs, separated
2 oz. rum
6 light biscuits such as lady fingers or lingue di gatto (cat's tongues)

Cream cheese with sugar. Add the egg yolks one at a time, beating well after each addition. Add rum. Beat egg whites until stiff, slowly adding 2 Tbsp. sugar. Continue beating until all sugar is dissolved. Carefully fold whites into cheese mixture. Divide into 6 serving dishes. Refrigerate several hours. Serve with lady fingers or lingue di gatto.

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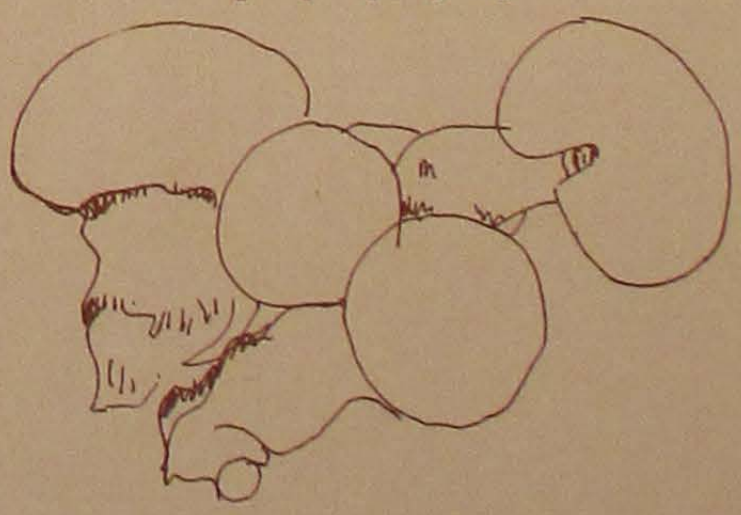

Spring Menu # 8

Insalata russa
Cotolette di agnello al Gorgonzola
Patatine novelle
Budino di cioccolato

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Molded salad
Lamb chops Gorgonzola
Small new potatoes
Chocolate pudding

Insalata russa

Molded salad

1 small head of cauliflower
4 medium sized potatoes
1/2 lb. string beans
2 large carrots, diced
1 cup peas
1 cup tiny canned shrimp
1 Tbsp. capers
1/4 cup chopped parsley
1/4 cup chopped mixed pickles
1 cup thick white sauce
1 cup good mayonnaise
2 hard boiled eggs

Cook all the vegetables separately until tender-crisp. Let cool, then cut them into small pieces not much larger than a pea. Put shrimps, capers, parsley, pickles, white sauce, and half the mayonnaise into a bowl and mix thoroughly. Oil a ring mold and line the bottom with slices of hard boiled eggs, then pour in the mixed vegetables, pressing down well so that no air pockets form. Chill for several hours. At serving time, unmold on chilled platter, fill the center of the ring with remaining mayonnaise, and garnish with a few sprigs of parsley or fresh dill.

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Cotolette di agnello al Gorgonzola

Lamb chops Gorgonzola

Oven Temp.: 350°F.

1/4 lb. Italian Gorgonzola cheese°, softened
1 tsp. salt
1 tsp. Worcestershire sauce
1/8 tsp. freshly grated pepper
8 lamb loin chops, cut about 2 inches thick
1 can condensed consomme

Mix cheese with salt, Worcestershire sauce, and pepper until smooth and creamy. Spread this mixture on the fatty side of each chop. Arrange them in a standing position, but not touching, in a rectangular baking dish. Pour undiluted consomme all around them and bake for about 40 minutes or until fork-tender. Remove them to a heated platter, surround with potatoes, and garnish with watercress. Pass the gravy in a gravy boat.

°Roquefort or blue cheese can be used if Gorgonzola is not available. Omit salt. The taste will be slightly different.

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Patatine novelle

Small new potatoes

Use about 4 medium new potatoes per person. With a potato peeler or sharp paring knife, remove a strip of skin from the middle of each potato. Boil in salted water until tender, 15-20 minutes. Drain and put them in with the chops for the last 5 minutes of baking.

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Budino di cioccolata

Chocolate pudding

2 cups half-and-half, warmed
4 squares (oz.) semisweet chocolate
6 egg yolks
1/4 cup sugar
1/2 tsp. salt
1 tsp. instant coffee
1/2 cup whipped cream

Warm half-and-half over medium heat until bubbling but not boiling. In double boiler over hot but not boiling water, melt chocolate, stirring until smooth. Remove from heat and beat in the egg yolks, one at a time. Then stir in sugar and salt. Slowly mix in warm half-and-half. Replace double boiler over simmering water and cook, stirring constantly until mixture coats a spoon. Stir in the instant coffee and pour mixture into six individual dessert cups. Refrigerate for at least 4 hours or overnight. Before serving, top each pudding with a dollop of whipped cream.

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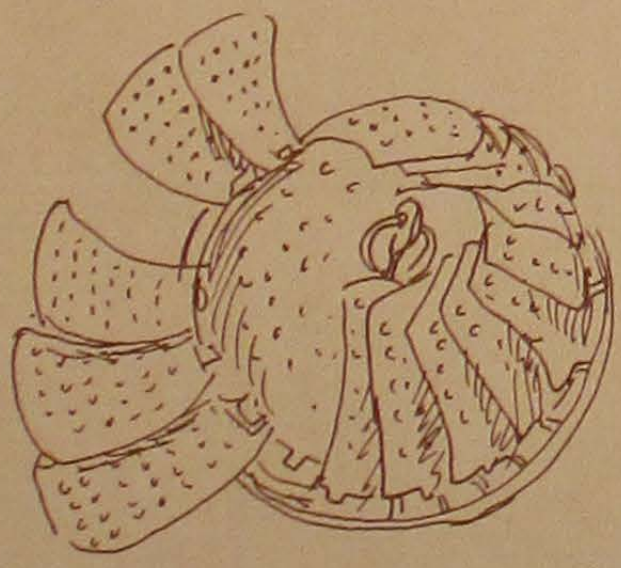

Spring Menu # 9

Crostata di asparagi
Pollo al finocchio
Patatine fritte
Carotine al limone
Ciambella di mandorle

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Asparagus quiche
Chicken with fennel
Fried potatoes
Lemon carrots
Almond ring

Crostata di asparagi

Asparagus quiche

Oven Temp.: 400° 350° F.

1 lb. fresh asparagus, cooked "al dente"
1 9 inch pie shell, baked at 400° F. for 8 minutes
1 cup fontina cheese, grated
3 eggs, slightly beaten
1 cup half-and-half or 1 cup evaporated milk
2 slices of bacon, cooked and crumbled
1/4 tsp. paprika
1/8 tsp. nutmeg
Salt and pepper to taste

Arrange asparagus spears like the spokes of a wheel on the bottom of the pie shell, with tips pointing toward the center of the pie. Sprinkle the bacon on top. Mix all other ingredients and pour them over the asparagus. Bake until the pie is golden brown and puffed up, about 40 minutes.

Cool at least 10 minutes before cutting. Garnish individual portions with a sprig of fresh parsley.

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Pollo al finocchio

Chicken with fennel

Oven Temp.: Broiling

2 small broilers
4 or 5 fennel ferns
Juice of 1 lemon
Salt and pepper to taste
Fennel seeds

Cut broilers along the back, but leave them attached at the breast. One hour before serving, open the chickens breast-side up and flatten them with a wooden mallet, meat cleaver, or tenderizer. Sprinkle the chickens with the lemon juice, salt, and pepper. Cover with additional ferns and marinate them in refrigerator until cooking time.

Remove only the top ferns, sprinkle chickens with fennel seeds, and broil them 15 minutes on each side. The skin over the breasts should be a crisp golden brown.

Serve chickens on a bed of fennel ferns. Pour drippings over them.

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Patatine fritte

Fried potatoes

4 large potatoes
1/4 cup olive oil
1 tsp. rosemary leaves
Salt and pepper to taste

Peel potatoes and cut in eighths. Heat oil in a large frying pan. When oil is hot but not smoking, add potatoes and rosemary. Cook slowly for about 20 minutes, turning frequently so that they cook evenly. Potatoes should be golden brown on the outside and tender inside.

Drain potatoes, sprinkle them with salt and pepper, and surround the chicken with them.

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Carote al limone

Lemon carrots

1 lb. small carrots
2 Tbsp. butter
2 Tbsp. flour
1/2 cup bouillon
1 Tbsp. minced parsley
1 Tbsp. lemon juice

Scrub carrots and slice diagonally into 2 inch pieces. Bring 2 cups water and 1 tsp. salt to boiling and simmer carrots for 6-8 minutes. Drain. Melt butter in a medium sized pan and saute carrots for 2 minutes. Sprinkle them with flour, salt, and pepper and coat well. Pour in bouillon and continue cooking for a few minutes. Just before serving, sprinkle them with parsley and lemon juice. Serve very hot.

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Ciambella di mandorle

Almond ring

Oven Temp.: 325° F.

1/2 cup finely crushed Zwieback
1/4 cup granulated sugar
4 egg whites
1 cup sugar
1 2/3 cup ground almonds
1/2 tsp. almond extract
1 cup heavy cream, whipped or 6 scoops vanilla or strawberry ice cream

Combine Zwieback and 1/4 cup sugar. Sprinkle 1/2 of this mixture on the inside of a greased 1 quart mold ring. Beat egg whites until stiff peaks form. Add 1 cup sugar, 2 Tbsp. at a time, beating well after each addition to dissolve sugar. When stiff and glossy, gently fold in almonds and extract.

Spread evenly in prepared mold. Sprinkle remaining Zwieback mixture on top and bake for 30-35 minutes, until light golden brown. Turn oven heat off. Open oven door part way and let cake stand in the oven for an additional 5 minutes. Cool completely before carefully removing it from the pan. Serve the cake surrounded with strawberries and fill the cavity with whipped cream or ice cream.

Spring Menu # 10

Pasta e finocchio con salsa marinara
Polpettine di vitello al limone
Piselli freschi al burro
Rabarbaro all'italiana

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Noodles and fennel with marinara sauce
Veal meatballs in lemon sauce
Fresh peas
Rhubarb Italian style

Pasta e finocchio con salsa marinara

Noodles and fennel with marinara sauce

1 bulb fennel

Cut the fern and stalk into 2 inch pieces. Reserve the bulb for another use. Boil the ferns and stalks in salted water until soft but still crisp.

Marinara sauce

1 16-oz. can tomatoes
1 8-oz. can tomato sauce
1 Tbsp. oil
1 clove garlic, minced
2 Tbsp. chopped parsley
1 Tbsp. chopped onion
1 tsp. salt
Dash of pepper
1/2 tsp. sugar
1/4 tsp. oregano

Heat oil. Saute garlic, parsley, and onion 15 minutes. Add remaining ingredients. Simmer 30 minutes, stirring occasionally.

Fried bread crumbs

1 cup dry bread crumbs
3 Tbsp. butter or oil

Heat 3 Tbsp. butter or oil in a small pan. Add one cup bread crumbs and stir. Be careful not to burn them.

Cook 1 lb. noodles "al dente". Cover each serving with fennel. Spoon marinara sauce over and sprinkle with fried bread crumbs.

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Polpettine di vitello al limone

Veal meatballs in lemon sauce

1/2 lb. ground veal
1/8 cup fresh bread crumbs
1/4 cup Parmesan cheese
1 egg
1/2 tsp. salt
1/2 tsp. pepper
2 pinches tarragon
2 pinches nutmeg
2 pinches thyme
2 Tbsp. butter

Mix all ingredients together except butter. Shape into small meatballs. Brown in butter. Poach in lemon sauce.

Lemon sauce

1 cup chicken broth
1 Tbsp. lemon juice
1 Tbsp. cornstarch
1 1/2 Tbsp. water

Heat broth. Add lemon juice. Mix cornstarch with water. Add to broth. Cook until thickened and glossy. Add meatballs to sauce and poach for 45 minutes.

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Piselli freschi al burro

Fresh peas

1 lb. fresh peas or 1 box frozen tiny peas
1 head Boston lettuce
1 Tbsp. butter
1/4 cup water
Salt, pepper to taste

Layer the bottom of a small pan with lettuce leaves. Put peas over lettuce. Dot with butter and sprinkle with salt and pepper. Cover with another layer of lettuce leaves. Add 1/4 cup water. Simmer, covered, until peas are tender, about 10 minutes. Remove lettuce leaves before serving. Peas cooked this way will remain especially green.

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Rabarbaro all'italiana

Italian style Rhubarb

2 cups rhubarb, cut in 1/2 in. lengths
3/4 cup sugar
Water to cover
1 Tbsp. cornstarch
1 Tbsp. water
1/2 tsp. vanilla

Combine rhubarb, sugar, and water in pan. Bring to boil. Simmer until tender, about 15 minutes.

Mix water and cornstarch. Add to rhubarb. Cook until thickened and clear. Mixture will be thin. Stir in vanilla. Chill.

Delicious as is but can be used as a sauce for ice cream or a dressing for fruit salad.

If desired, 2 cups strawberries may also be added to the rhubarb mixture. If so, increase vanilla to 3/4 tsp.

SUMMER

Summer. Hot, long, lazy days. . . . Days for picnic lunches in the park, trips to the beach, hikes along shaded mountain trails, leisurely dinners on the patio with friends or family. . .

Too warm to spend many hours in the kitchen, we welcome the wealth of fruits and vegetables which enables us to prepare cool, tempting salads and refreshing desserts with a minimum of effort.

Summer Menu # 1

Spaghetti al pesto
Pollo alle olive verdi
Pomidoro al forno
Insalata con sedano e ravanelli vinaigrette
Fragole alla crema di mandorle

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Spaghetti with basil sauce
Chicken in green olive sauce
Baked tomatoes
Salad with celery and radishes vinaigrette
Almond-cream strawberries

Spaghetti al pesto

Spaghetti with basil sauce

Pesto Sauce

2 cups fresh basil leaves, well packed
1/2 cup grated Parmesan cheese
2 garlic cloves
1/2 tsp. salt
1/4 tsp. freshly ground pepper
1/4 cup pinoli (pine nuts)
4-5 Tbsp. olive oil
1 lb. spaghettini

Remove leaves from stems of fresh basil, wash and tear them into small pieces. In a blender, put 4 Tbsp. olive oil, then add first five ingredients. Blend until smooth. If mixture is too dry add remaining 2 Tbsp. olive oil.

Cook spaghettini in rapidly boiling salted water until al dente. Drain well in colander and put in a warm bowl. Add pesto sauce, stir well to blend and serve immediately.

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Pollo alle olive verdi

Chicken in green olive sauce

Oven Temp.: 350° F.

4 whole chicken breasts, boned, skinned and halved
Salt, pepper to taste
lemon juice
butter

Sprinkle breasts with lemon juice, salt and pepper. Poach gently in butter 6 minutes on each side. Reserve juices.

Sauce

4 Tbsp. butter
4 Tbsp. flour
1 cup half and half
Poaching liquid
1/4 cup sherry
3 Tbsp. Parmesan cheese
1/2 cup Swiss or Gruyere cheese, grated
12 green olives chopped
Nutmeg
Slivered almonds for garnish

Melt butter, add flour and stir until smooth. Add one cup half and half a few tablespoons at a time, stirring until smooth. Add reserved juices and remaining ingredients except olives and almonds and cook, stirring, until thickened.

Place chicken breasts in baking pan. Pour sauce over breasts, sprinkle with almonds and bake about 25 minutes until bubbly and heated through. Serve immediately.

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Pomidoro al forno

Baked tomatoes

Oven Temp.: 350° F.

6 tomatoes
3/4 cup bread crumbs
2 green onions, chopped, stems included
2 Tbsp. parsley, chopped
1 small garlic clove, minced
1 tsp. thyme or tarragon
Salt, pepper to taste
Olive oil

Cut tomatoes in half crosswise and remove seeds. Mix remaining ingredients together except olive oil. Spread mixture evenly on top of tomatoes. Place in greased pan and sprinkle some olive oil over them. Bake in pre-heated oven for about 25 minutes or until tomatoes are softened, but still hold their shape.

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Insalata di sedano e ravanelli

Celery and radish salad

2 stalks celery, cut in 1" pieces
12 radishes, cut into rosettes
1 head Boston lettuce

Cover a large platter with lettuce leaves. Place pieces of celery in the center of the platter and surround it with the radishes. Pour vinaigrette sauce over all the vegetables.

Vinaigrette sauce

2 Tbsp. olive oil or vegetable oil
1 Tbsp. lemon juice
1 anchovy fillet
Salt, pepper to taste

Mix oil and lemon juice together. Add crushed anchovy fillet and salt and pepper to taste. Pour on the salad just before serving.

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Fragole alla crema di mandorle

Almond-cream strawberries

1 3-oz. package cream cheese, softened
1 cup heavy cream, whipped
2 Tbsp. confectioner's sugar
1/8 tsp. almond extract
2 pints large strawberries

Cream cheese with sugar and almond extract. Fold whipped cream into cheese mixture and refrigerate.

Cut stems off strawberries. Cut a deep "x" in the top of each berry, gently spread apart the four points to form petals. Spoon cream into pastry bag and fill berries. Refrigerate until serving time.

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Summer Menu # 2

Zuppa di piselli freschi
Insalata di riso
Semifreddo di frutta

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Fresh pea soup
Molded rice salad
Fruit parfait

Zuppa di piselli freschi

Fresh pea soup

1 lb. shelled peas (or a 10 oz. box frozen)
1 onion, sliced thin
3 slices of bacon, chopped
1 thick slice of ham, cubed
1 clove garlic, minced
1 stalk of celery, chopped
2 Tbsp. chopped parsley
1 carrot, grated
1 Tbsp. tomato paste, dissolved in 2 Tbsp. warm water
1 1/2 qts. good beef stock
4 Tbsp. butter
1/2 lb. fresh egg noodles, cut in small squares
1/2 cup grated Parmesan cheese
Salt to taste

Cook bacon, ham, and all the vegetables except peas, in melted butter until onions are transparent. Add peas and tomato paste, salt lightly, and cook slowly for about 15 minutes.

In another pan, bring stock to boil and cook noodles until al dente. Combine the bacon, ham, and vegetable mixture with the noodle soup. Serve it piping hot with lots of Parmesan cheese sprinkled on top.

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Insalata di riso

Molded rice salad

3 cups cooked white rice, cold
1 7-oz. can tuna fish in water
1 pickled cucumber, cubed
1 fresh cucumber, chopped
2 stalks of celery, chopped
2 spring onions, chopped
1 peeled and seeded tomato, chopped
10 black olives, halved
3 Tbsp. each parsley and basil, minced
1/2 cup olive oil
2 Tbsp. lemon juice
Salt and pepper to taste
3 filets of anchovy, cut in halves
1 cup homemade mayonnaise

Oil a melon mold lightly.

Mix first 12 ingredients together, and pour them into the mold. Press well with the back of a spoon to eliminate any air pockets. Chill for at least one hour. Invert the mold onto a bed of lettuce leaves, tapping lightly so the molded rice will fall out. Pour the mayonnaise over it and garnish with the anchovies and additional black olives.

Semifreddo di frutta

Fruit parfait

2 cups pureed fruit (apricots, strawberries, etc.)
2 Tbsp. lemon juice
1/2 cup sugar
2 or 3 drops almond extract
1 cup heavy cream
2 egg whites plus 2 Tbsp. sugar

Beat egg whites until soft peaks form. Add sugar, 1 tablespoon at a time, beating well after each addition. Set aside. Beat sugar and lemon juice into the pureed fruit and continue beating until all the sugar is dissolved. Fold the fruit mixture into the egg whites carefully. Add the extract. Pour into a flat pan and freeze until mushy. Remove from freezer and beat mixture well. Whip the cream and fold it in. Pour into a serving bowl or individual sherbet glasses, cover with plastic wrap and freeze again for 2-3 hours. Place in refrigerator half an hour before serving time to soften. Garnish with a dollop of whipped cream.

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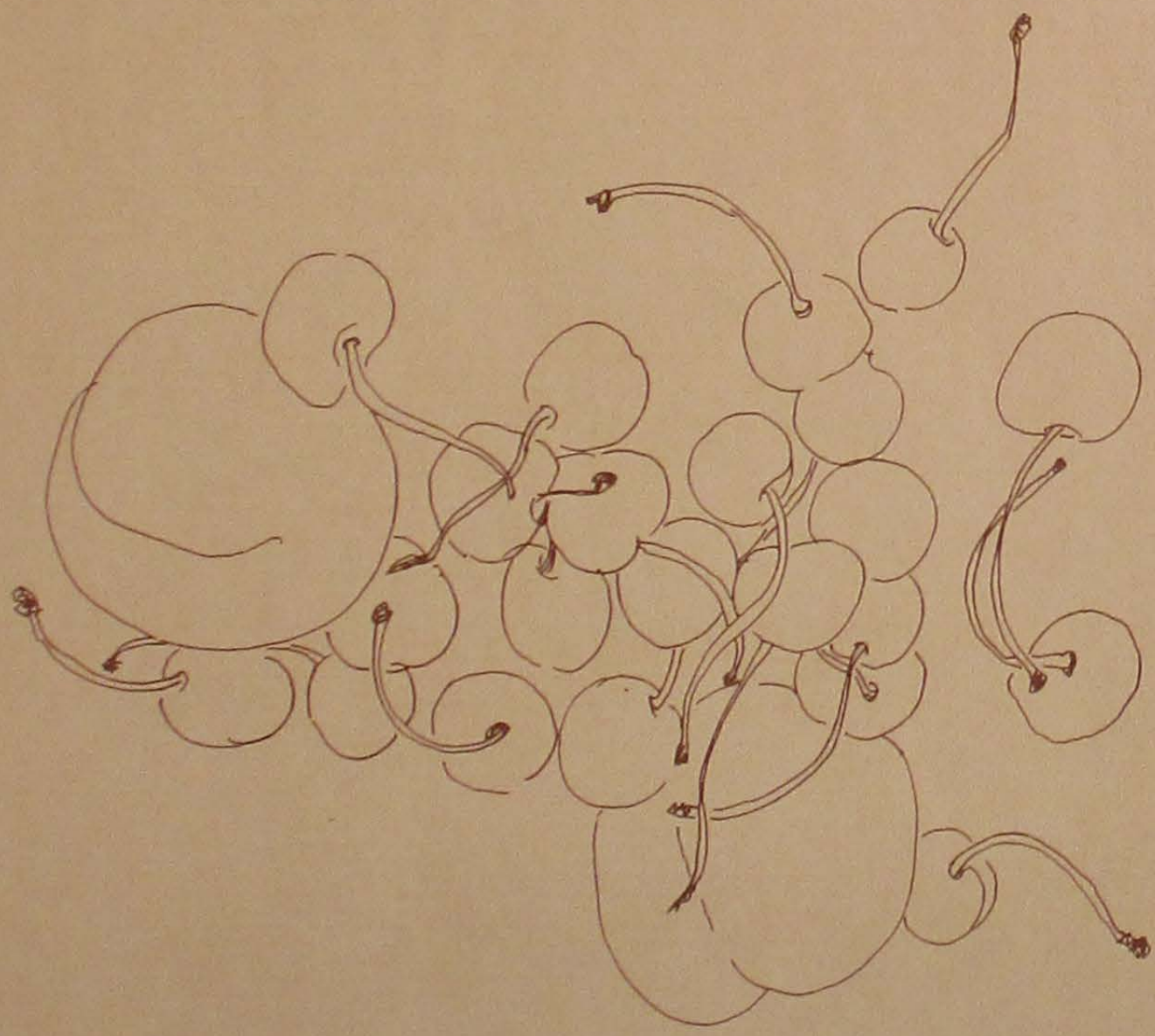

Summer Menu # 3

Tortia
Pane
Insalata nizzarda
Pesche al vino con amaretti

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Tortia (Noodle dough stuffed with squash)
Bread
Salad niçoise
Peaches in wine with Italian almond cookies

Tortia

Tortia (Pasta dough stuffed with squash)

Tomato sauce

2 Tbsp. olive oil
1 Tbsp. butter
1 medium onion, chopped
3/4 lb. ground beef
1/2 lb. ground pork
1 tsp. salt
1/4 tsp. ground pepper
1 can tomato sauce (8 oz.)
1 can whole tomatoes (12 oz.)
1 bay leaf

Heat olive oil and butter in saucepan. Add chopped onion and saute until onion is soft. Add beef and pork and brown. Add salt, pepper, tomato sauce, tomatoes, and bay leaf. Simmer 1 hour, partially covered.

Squash stuffing

1 pkg. frozen squash, thawed and drained in a sieve
1/2 cup grated Parmesan cheese
1/3 cup bread crumbs
Pinch of sugar
3/4 tsp. salt
1/4 tsp. grated nutmeg

Mix all ingredients together. Be sure mixture is dry. Otherwise, add a little more Parmesan cheese and bread crumbs (more cheese than bread (crumbs).

Pasta (See Basic Recipes section)

Cut dough into squares (about 2 1/2"). Put 1 heaping Tbsp. squash mixture on each square making certain mixture does not touch edges of dough. Fold each square into a triangle. Seal edges firmly. Using thumb and index finger of both hands, bring the tips of the two long edges of the triangle on top of each other and press to seal. As each square is finished, place on a lightly floured table cloth. When all squares are made, cook in rapidly boiling, salted water a few at a time until al dente. Remove from pan with a slotted spoon and place on a platter. Keep warm. When all are cooked, cover with tomato sauce and serve. Pass extra Parmesan cheese.

Insalata nizzarda

Salad niçoise

6 small to medium potatoes, boiled
1/2 lb. whole green beans
1 can pitted black olives
1 can anchovy fillets
6 small tomatoes
6 hard-cooked eggs
1 Tbsp. capers
Lettuce

Cook beans until tender crisp. Slice potatoes. Arrange prepared vegetables attractively on a bed of lettuce. Add olives, anchovy fillets, and capers. Pour dressing on salad immediately before serving.

Salad dressing

5 Tbsp. olive oil
2 Tbsp. red wine vinegar
1 tsp. salt
1/4 tsp. freshly ground pepper
1 clove garlic, chopped

Mix ingredients thoroughly.

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Pesche al vino con amaretti

Peaches in wine with Italian almond cookies

6 perfect peaches
1/4 cup sugar
1 cup white wine, preferably sweet
1 stick cinnamon, broken in pieces
1/4 cup heavy cream
2 Tbsp. sugar
2 Tbsp. confectioner's sugar

Peel peaches, halve them and remove stones. Heat wine with sugar and peaches. Bring to boil. Reduce heat and simmer until peaches are tender, about 5 minutes. Cool in syrup, then chill. Whip cream with confectioner's sugar until stiff. Pipe on top of peaches.

Serve with amaretti which can be found in Italian stores.

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Summer Menu # 4

Galantina di pollo
Piselli con lattuga
Pesche con zabaione e Cointreau

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Galantine of chicken
Peas with lettuce
Peaches with zabaione sauce and Cointreau

Galantina di pollo
Galantine of chicken

1 chicken (3-4 lbs.)
2 cups Emmenthaler or fontina cheese
8 oz. ham
8 oz. mortadella or bologna or tongue
1 chicken breast, cooked
1 egg
1/4 cup Parmesan cheese
Salt and pepper to taste
1/8 tsp. nutmeg

Bone chicken, leaving skin intact. Mince next four ingredients and mix well with Parmesan cheese, egg, salt, pepper, and nutmeg. Fill chicken with this farce, draw ends together and sew it closed. Wrap it in several thicknesses of cheesecloth and cook it for one hour in simmering, salted water. Remove it from the water. Put it on a plate, place another plate on top and weight it with a heavy object (a 32 ounce can works very well). When completely cool, unwrap it and chill it overnight in the refrigerator. Serve it sliced (not too thinly) on a bed of lettuce leaves.

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Piselli con lattuga
Peas with lettuce

8 leaves of Bibb lettuce, shredded
2 10 oz. packages of frozen green peas
12 pearl onions, cooked
4 Tbsp. butter
1 tsp. sugar
1 tsp. salt
1/4 tsp. freshly ground pepper
1 cup water or chicken broth
3 Tbsp. parsley, chopped

Bring the cup of water or broth to boiling. Add shredded lettuce, peas, butter, sugar, pearl onions, salt, and pepper. Reduce heat to simmer and cook until peas are tender, about 5-8 minutes. Add chopped parsley and serve.

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Pesche con zabaione e Cointreau
Peaches with zabaione sauce and Cointreau

Pesche
3 peaches
1 Tbsp. sugar
lemon juice

Blanch peaches in boiling water for 1-2 minutes. Drain, skin and cut them into thin slices. Toss them with 1 Tbsp. sugar and lemon juice (the latter to keep peaches from discoloring).

Zabaione

8 egg yolks
8 Tbsp. sugar
2/3 cup Cointreau

Put egg yolks in top of a double boiler and, off heat, beat them gradually adding sugar and Cointreau. Beat until thick and lemon colored. Put pan over simmering (not boiling) water and continue to beat egg yolk mixture until it becomes very thick. Remove from heat. Do not overcook.

Divide the peach slices in 6 even portions. Place them in 6 sherbet glasses and pour zabaione sauce over them. Can be served hot or cold.

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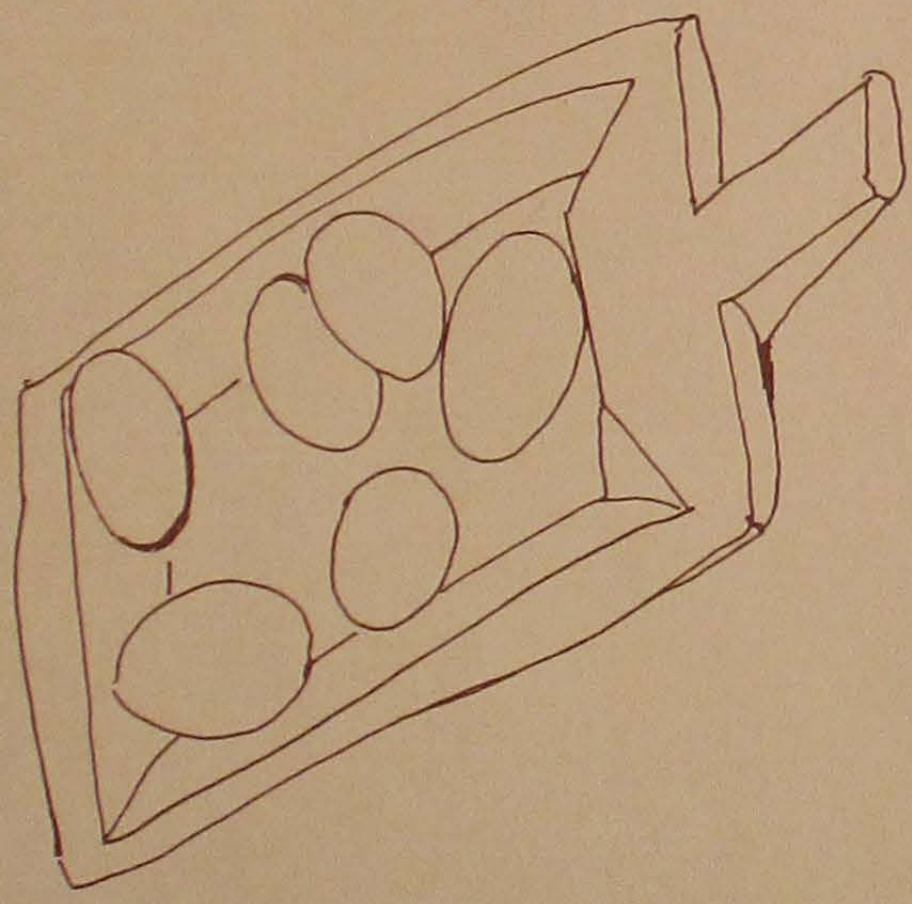

Summer Menu # 5

Zuppa d'estate
Crispelle di pollo
Patate fritte
Insalata
Semifreddo di albicocche

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Summer soup
Chicken crêpes
Fried potatoes
Salad
Apricot parfait

Zuppa d'estate

Summer soup

1 medium onion, chopped
1 carrot, cubed
1 tomato, peeled and diced
1/2 cup chopped green beans
1 small stalk celery, diced
2 cups zucchini, diced
6 cups beef broth
1/2 cup tomato juice
Salt and pepper to taste

Cook all ingredients until barely tender crisp. (Other vegetables may be used in place of or in addition to those listed here.) Chill. Serve with a slice of lemon sprinkled with chopped parsley.

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Crispelle di pollo

Chicken crêpes

Crepe batter
1/2 cup flour
1/2 tsp. salt
1 cup milk
4 eggs
3 Tbsp. butter or margarine, melted and cooled

Put all ingredients except butter into blender. Blend 15 seconds. Scrape down sides with rubber spatula. Immediately pour in butter. Blend 10 more seconds. Let rest in refrigerator 1 hour or overnight. Makes 2-3 dozen crepes.

To cook: Heat 6" teflon pan. Lift from heat. Pour 3 Tbsp. of batter and twist pan to spread it over the whole bottom surface. Return pan to heat for 15-30 seconds or until surface of crêpe is completely dry and slightly browned around the edges. Immediately remove the crêpe from pan. Repeat the operation until all batter has been used. Stack crêpes separating them with a piece of waxed paper. They can be stored in refrigerator for 2-3 days or in the freezer up to 4 months.

Chicken filling
1/4 lb. mushrooms, chopped
1/4 cup chopped onion
4 Tbsp. butter or margarine
4 Tbsp. flour
1 cup chicken broth
1/2 cup milk
1/4 cup heavy cream
3/4 tsp. salt
Pepper
3 cups diced cooked chicken
2 Tbsp. sherry

Melt butter or margarine. Add onions and mushrooms and cook until mushrooms give up their liquid. Add flour, stirring to combine with butter. Add broth and milk. Stir constantly until thick and smooth. Add cream, salt, pepper, sherry, then chicken. Add broth if mixture is too thick. Remove from heat. Set aside until ready to fill crêpes.

Bechamel sauce

2 Tbsp. butter or margarine
2 Tbsp. flour
3/4 cup chicken broth, heated
1/2 cup milk, heated
Salt and pepper to taste
Pinch of nutmeg
2 Tbsp. grated Parmesan cheese
3 Tbsp. sliced almonds

Melt butter or margarine. Add flour. Stir to combine. Add hot liquids, stirring constantly. Mixture will thicken rapidly. Continue to stir over low heat until mixture comes to a boil. Remove from heat. Add cheese, salt, pepper and nutmeg.

To assemble: *Oven Temp.: 350° F.*

Butter a baking dish. Divide the chicken mixture among 12 crêpes. Roll up each crêpe. Place in baking dish seam side down. Cover with bechamel sauce. Sprinkle with almonds. Bake 20 minutes until bubbly brown. Serve 2 per person.

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Patate Fritte

Fried potatoes

6 medium potatoes
2 Tbsp. butter or margarine
2 Tbsp. oil

Peel potatoes. Cut into 1-inch pieces. Heat oil and butter until hot but not smoking. Add potatoes and fry until golden brown and crisp, stirring often.

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Insalata

Salad

1 head Romaine lettuce
8 radishes, sliced
1 small green pepper, seeded and diced
1 large tomato, cut in pieces

Remove lettuce leaves from ribs. Discard ribs. Tear leaves into bite size pieces. Place with other ingredients in a large salad bowl.

Dressing

4 Tbsp. olive oil
1 1/2 Tbsp. wine vinegar
1 clove garlic, crushed
Salt and pepper to taste
Pinch of dry mustard

Mix all ingredients together. Let stand one hour. Remove garlic. Pour dressing over salad and toss lightly.

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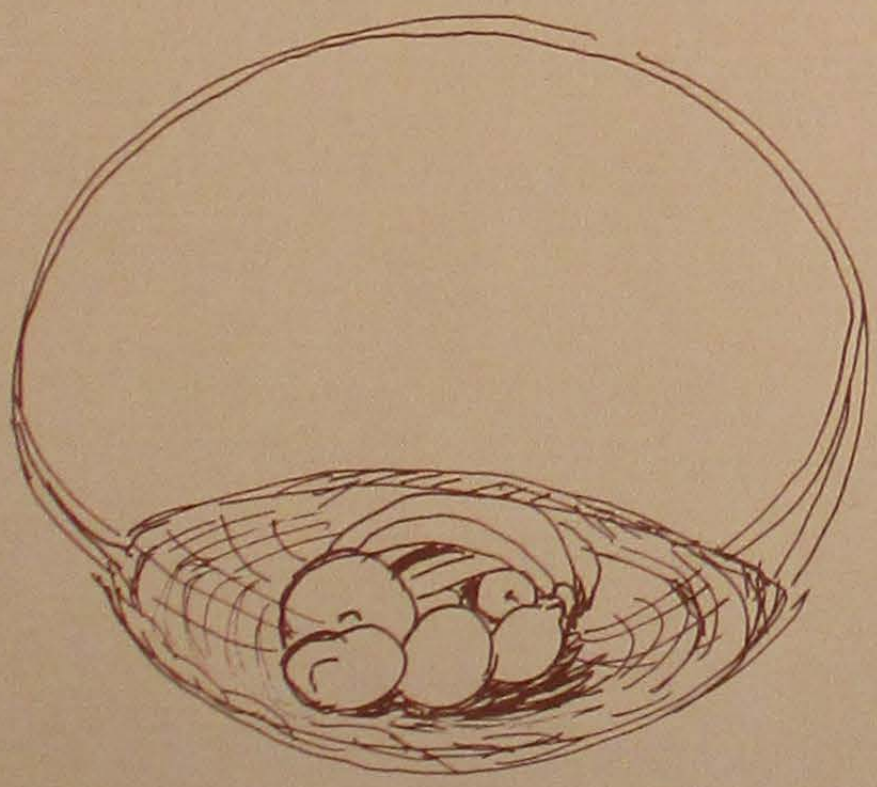
Semifreddo di albicocche

Apricot parfait

10 large apricots, canned or fresh (if fresh, add 1/4 cup sugar)
2 Tbsp. apricot liqueur
8 oz. cream cheese
2 Tbsp. honey
1/2 cup graham cracker crumbs
Enough apricot nectar to make the cheese light and fluffy, about 3 Tbsp.

Put apricots in blender. Blend 10-15 seconds. Add sugar, if necessary. Add liqueur. In 6 parfait glasses, alternate layers of apricots, cream cheese, and graham cracker crumbs, ending with crumbs. Refrigerate for several hours before serving.



Summer Menu # 6

Zucchini ripieni
Bracioline alla certosina
Fagiolini
Crostata di prugne

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Stuffed zucchini
Beef slices certosina style
Green beans
Plum pie

Zucchini ripieni
Stuffed zucchini

Oven Temp.: 350°F.

9 medium size zucchini

Stuffing

1/2 cup Parmesan cheese
1/2 cup bread crumbs
3 Tbsp. minced parsley
1 clove garlic, minced
1 1/2 tsp. thyme
1 green onion, finely cut
1 Tbsp. chopped chives
2 egg yolks
Salt and pepper to taste
2 Tbsp. olive oil

Topping

2 Tbsp. Parmesan cheese
2 Tbsp. bread crumbs
2 Tbsp. olive oil

Wash zucchini. Blanch in boiling water for 4 minutes. Cool. Cut each zucchini in half lengthwise. Scoop out centers, leaving 1/4" edge to form a "boat". A zucchini corer works well for this. Put zucchini centers into a blender. Blend for 10 seconds. Mix this pulp with egg yolks, 1/2 cup Parmesan cheese, 1/2 cup bread crumbs, thyme, chives, green onion, and salt and pepper to taste. Divide this mixture among the zucchini "boats". Cover with a mixture of 2 Tbsp. each of Parmesan cheese and bread crumbs. Drizzle the olive oil on top. Bake for 20 minutes. These may be served cold or at room temperature.

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Fagiolini
Green beans

3 cups cut green beans
1 Tbsp. lemon juice
2 Tbsp. butter

Cook beans in a small amount of salted water until tender crisp. Drain and serve with melted butter mixed with lemon juice.

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Bracioline alla certosina
Beef slices certosina style

1 lb. sirloin tip roast
4 Tbsp. butter or margarine
1 clove garlic
2 sage leaves
1/2 cup beef stock
1/2 cup dry white wine
1 Tbsp. anchovy paste
1 Tbsp. chopped capers
1 Tbsp. chopped parsley
1/2 tsp. grated lemon rind
1/2 cup flour
Salt and pepper to taste
12 toasted and buttered bread triangles

Slice meat into 12 to 14 slices 1/8 inch thick. Pound the slices lightly with a meat mallet. Dredge them in flour and brown them quickly, a few at a time, in melted butter. Remove and keep warm. In remaining fat, cook garlic and sage 2 to 3 minutes. Pour in wine and boil rapidly for 1 minute. Mix well remaining flour, anchovy paste, herbs, lemon rind, and beef stock. Pour into the pan and cook, stirring constantly, until slightly thickened. Return meat to pan and heat through. Serve immediately, surrounded by triangles of white bread, toasted and buttered.

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Crostata di prugne

Plum pie

2 cups plums, pitted and sliced
2/3 cup water
1/4 tsp. cinnamon
1/8 tsp. nutmeg
2/3 cup sugar
2 Tbsp. cornstarch
1 - 8" baked pie shell (see Basic Recipes section)

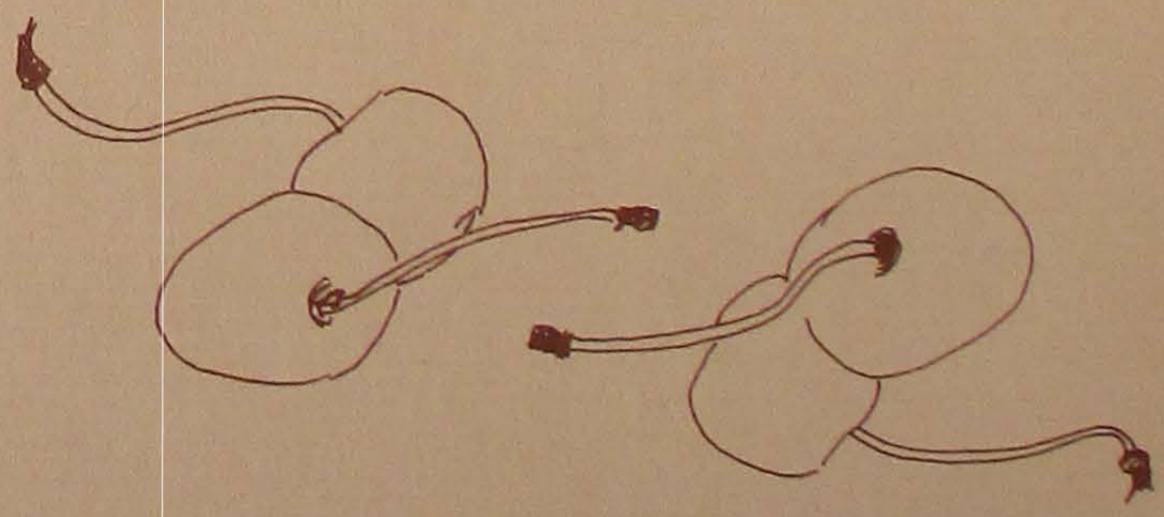
Cook plums in water for 5 minutes. Drain, reserving liquid. Mix together dry ingredients. Add to reserved liquid and cook gently 10 minutes. Add plums. Cool, then chill. Pour into baked pie shell. Garnish with whipped cream, if desired.

Pie Crust *Oven Temp.: 425° F.*

3/4 cup flour
3/8 tsp. salt
4 Tbsp. margarine, softened
About 1 1/2 Tbsp. water

With fork or pastry blender, mix flour, salt, and margarine until it forms crumbs the size of small peas. Sprinkle with water. Gather dough into a ball. Roll out between sheets of waxed paper 1 inch larger than pie pan. Fit into pie pan. Flute rim. Prick well with fork. Bake about 10 minutes, until golden.

With extra dough, cut out attractive shapes. Bake on a cooky sheet at the same time as the pie and use them to decorate it.



Summer Menu # 7

Penne ai peperoni
Conchiglie di gamberi
Broccoli e carote
Pane
Crostata di nettarine

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Penne with green, red, and yellow pepper sauce
Shells filled with shrimp salad
Broccoli and carrots
Bread
Nectarine cream pie

Penne ai peperoni

Penne with green, red, and yellow pepper sauce

1 lb. short pasta (penne, ziti, shells)
1 medium onion, chopped fine
1 red, 1 green, and 1 yellow pepper, peeled and chopped
3 Tbsp. butter
1 slice of bacon, minced
4 Tbsp. good beef stock or tomato juice or water
Salt and pepper to taste
1/2 cup Parmesan cheese, grated

Cook onion in butter until transparent, about 10 minutes. Add all other ingredients except cheese and pasta. Cover pan and simmer for 20 minutes, stirring occasionally. If it seems too dry, add more liquid, one tablespoon at a time. When ready, it should be a tricolored, thick sauce.

Cook 1 lb. of pasta in rapidly boiling salted water until "al dente". Drain it well, then toss it with the sauce and Parmesan cheese in the pan in which the sauced was cooked. Remove from stove and serve immediately, passing more Parmesan cheese if desired.

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Conchiglie di gamberi

Shells filled with shrimp salad

1 10 oz. package medium size frozen shelled shrimp
1 cup mixed vegetables (peas, beans, carrots), cooked
1 cup homemade mayonnaise (see Basic Recipes section)
1/2 cup Hellmann's Real Mayonnaise
3 Tbsp. ketchup
2-3 drops hot red sauce
2 Tbsp. chopped herbs: parsley, chives, and dill, mixed
Fresh dill sprigs for garnish
2 qts. salted water
1 bouquet garni and 2 bay leaves

Simmer water with bay leaves and bouquet garni for 30 minutes. Add shrimp. When they turn pink remove pan from heat and let shrimp cool in the water. Drain and halve the six best looking shrimp, chopping all the rest. Mix chopped shrimp with the vegetables, chopped herbs, Hellmann's mayonnaise, ketchup, and hot sauce. Toss well and refrigerate.

Just before serving, spoon the mixture into 6 shells or ramekins. Cover each with 1/6 of the homemade mayonnaise. Garnish with the halved shrimp and sprigs of dill.

Homemade mayonnaise (See Basic Recipes section)

Broccoli e carote

Broccoli and carrots

1 large bunch of broccoli
4 medium carrots
2 cloves of garlic
1 1/2 Tbsp. olive oil
1 1/2 Tbsp. butter or margarine

Cut flowerets from broccoli and blanch in boiling, salted water. Scrub carrots and peel them. Cut into rounds. Cook them in boiling, salted water until tender crisp, about 3 minutes. Slowly fry garlic in butter and oil. When golden, discard garlic and quickly saute the vegetables. Serve as soon as they are hot.

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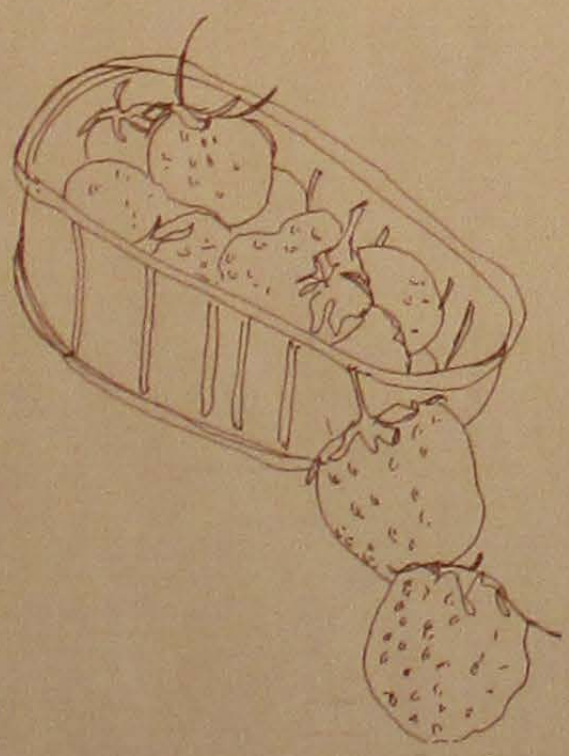
Crostata di nettarine

Nectarine cream pie

Oven Temp.: 400° and 350° F.

1 - 9" unbaked pie shell (See Basic Recipes section)
2 cups cubed nectarines (about 4)
1/2 tsp. cinnamon
2 egg yolks
2/3 cup granulated sugar
2 Tbsp. flour
3 Tbsp. lemon juice
Whipped cream for garnish

Cover the bottom of the pie shell with the fruit and sprinkle it with cinnamon. Beat all other ingredients until light and fluffy and pour them over the fruit. Bake the pie for 20 minutes at 400° F, lower oven temperature to 350° F and bake the pie for an additional 20 minutes. Serve warm or cold with a garnish of whipped cream.



Summer Menu #8

Crudité con "bagna cauda"
Ossi buchi alla milanese
Piselli al timo
Riso al vapore
Gelato di albicocche

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Raw vegetables with hot dip
Ossi buchi Milanese style
Peas with thyme
Steamed rice
Apricot ice cream

Crudite' con "bagna cauda"

Raw vegetables with hot dip

1 green pepper
1 red pepper
4 stalks of celery
12 radishes with leaves
2 carrots
1 large stalk of broccoli

Clean all vegetables and cut them into bite size pieces, except radishes. Leave them whole with leaves intact.

Hot dip
1 stick of butter (1/2 cup)
1/2 cup olive oil
2 cloves of garlic, finely minced
3 anchovy fillets, chopped
1/8 tsp. salt
1/8 tsp. white pepper

In a small pan, melt butter and oil. Add garlic, taking care not to let it brown. When butter is foaming, remove from heat and add anchovies. Return to stove and cook slowly, stirring constantly, until anchovies have dissolved. Add salt and pepper and serve in the same pan kept on a warmer, surrounded by the vegetables. The sauce must be piping hot. The vegetables are dipped into it.

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Ossi buchi alla milanese

Veal shanks Milanese style

6 ossi buchi (center part of veal shanks sliced 1" thick)
3 Tbsp. flour
1 tsp. salt
1 medium size onion, chopped
2 Tbsp. butter
1 Tbsp. olive oil
3 Tbsp. chopped parsley
1 tsp. grated lemon rind
1 cup dry, white wine
1 cup chicken stock
1 Tbsp. lemon juice
Salt and pepper to taste

Cook onion and 1 Tbsp. parsley in melted butter and oil until onion is translucent. Add ossi buchi, previously dredged in flour mixed with salt, and browned slowly on both sides. Pour in wine and simmer, uncovered, on medium high heat until liquid turns syrupy. Add 1/2 cup of chicken stock, cover the pan and simmer for 3/4 of an hour, checking occasionally. If too dry, add more chicken stock, one or two tablespoons at a time. The sauce at the end of cooking should be fairly thick and brown. Adjust for salt, sprinkle with pepper and remove meat to a warm platter. To the pan, add remaining chicken stock, lemon juice, lemon rind and parsley. Boil rapidly for one

minute stirring constantly. Pour the sauce over the meat and serve immediately, surrounded by small boiled potatoes or steamed rice.

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Riso al vapore
Steamed rice

1 cup long grain rice
3 cups water
1 tsp. salt
1 tsp. lemon juice
Pinch of saffron, optional

Bring water to the boiling point. Add all other ingredients and cook over very low heat, covered, until all water has been absorbed by rice. Fluff once with a fork and serve.

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Piselli al timo
Peas with thyme

2 Tbsp. butter
1 lb. peas, shelled or 2 packages, frozen
Pinch of fresh thyme
Salt

Cook peas in a small amount of salted water until tender crisp. Drain. Mix well with 2 Tbsp. butter, thyme, and a little freshly grated pepper. Reheat if necessary.

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Gelato di albicocche
Apricot ice cream

1 pint apricots, pureed
1 1/2 tsp. unflavored gelatin, softened in 1/4 cup cold water
3/4 cup sugar
1 1/2 cup heavy cream

Scald 1/2 cup cream. Add softened gelatin and sugar. Stir until gelatin and sugar are completely dissolved. Remove from heat and cool. Add remaining cream and pureed apricots. Mix well and chill. Freeze for at least 3 hours or overnight.

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Summer Menu # 9

Crema di cetrioli
Pollo alla salvia
Verdura mista
Neve di fragole

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Cucumber soup
Chicken with sage
Mixed vegetables
Strawberry snow

Crema di cetrioli
Cucumber soup

3 large cucumbers, peeled and cubed
1/2 cup chopped green onions
3 Tbsp. butter
2 tsp. lemon juice
1/2 tsp. basil
1/2 tsp. parsley or cilantro
1/4 cup semolina
2 quarts chicken, veal, or vegetable stock
1 cup half and half
Salt and white pepper to taste
6 slices French bread, toasted and buttered
18 paper thin slices of cucumber
2 Tbsp. finely chopped parsley

In a large pan, cook onion in melted butter for 5 minutes. Add cubed cucumbers and cook for 2 minutes. Sprinkle them with lemon juice, herbs, salt and pepper. Mix well, then pour in the stock. When it has reached the boiling point, sprinkle in the semolina, mix, lower the heat and simmer, partially covered, for half an hour or until cucumbers are very soft.

Puree in a blender or put through a vegetable sieve. Adjust seasoning.*

Just before serving time, reheat the soup. Stirring constantly, slowly add the cream. Serve in individual soup bowls. Garnish each bowl with a slice of toast topped with three paper thin slices of cucumber sprinkled with parsley.

*It can be made, up to this point, days or weeks in advance. It freezes well, up to six months.

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Pollo alla salvia
Chicken with sage

1/4 small broiler per person
2 Tbsp. olive oil plus 2 Tbsp. butter
2 cloves of garlic, crushed
10 sage leaves
2 bay leaves
3-4 thin slices of lemon
1/2 cup white, dry wine
Juice of 1 lemon
Salt and pepper to taste

Cook garlic in oil and butter until golden, then discard it. In the same pan, brown chicken pieces on all sides. When golden in color, add sage, bay leaves, lemon slices, and giblets (chopped fine) if included in the package. When chicken is well-browned, pour in wine and sprinkle the chicken with salt and pepper. Cover and simmer for 20 minutes. Remove sage, bay leaves, and lemon slices. Sprinkle chicken with lemon juice, garnish with a few sprigs of parsley and serve.

Verdura mista

Mixed vegetables

1 16 oz. package Vegetables del Sol (frozen)
1/2 tsp. salt
1/2 cup water
3 Tbsp. butter

Bring 1/2 cup water to boil. Add salt. Add package of frozen mixed vegetables. When water returns to a boil, simmer about 8 minutes or until vegetables are tender crisp. Drain water. Add 3 Tbsp. butter and mix vegetables well but gently.

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Neve di fragole

Strawberry snow

3 egg whites
1/4 cup rum
10 oz. strawberries
1/2 cup sugar
1 Tbsp. lemon juice
1/8 tsp. salt
3 Tbsp. orange juice
1 envelope gelatin

Sprinkle gelatin over orange juice, place over low heat, and stir until gelatin is completely dissolved.

Blend strawberries in blender for 1 minute at low speed. Add 1/4 cup sugar, lemon juice, rum, and gelatin and continue blending until all sugar is dissolved. Turn into large bowl and refrigerate, mixing occasionally, until it starts to set (about 20 minutes).

In the meantime, beat egg whites until soft peaks form. Add 1/4 cup sugar, one tablespoon at a time, continuing beating until all sugar is dissolved.

With same beaters, whip gelatin mixture until light and fluffy. Carefully, fold it in the egg whites. Pour the mixture into a 1-quart mold and refrigerate until firm (3 hours or overnight).

To serve, loosen the edges with a spatula or knife, invert mold on a cold platter, cover with hot cloth and shake gently.

Serve alone or with a creme chantilly.

Creme chantilly

Beat 1 cup heavy cream and 1 Tbsp. confectioner's sugar until beaters leave slight tracings on the surface of the cream.

Summer Menu # 10

Spaghetti 'o sole mio"
Vitello ai funghi secchi
Piselli
Insalata
Gelato al miele e pinoli

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Sunshine spaghetti
Veal with dried mushrooms
Peas
Salad
Ice cream with honey and pine nuts

Spaghetti "o sole mio"

Sunshine spaghetti

1 lb. spaghetti or pasta
1 lb. carrots
1 medium onion, chopped
3 Tbsp. butter
1 1/2 cups cream
1/4 cup parsley, chopped
1/2 cup Parmesan cheese
1 Tbsp. fresh or 1/2 tsp. dried chervil
Salt, pepper to taste

Cut cleaned, peeled carrots crosswise 1/8" thick. Melt butter, add carrots and chopped onion. Simmer until carrots and onion are soft, stirring occasionally. Add cream, parsley, cheese, chervil, salt, and pepper. Stir to blend but do not boil.

Serve over cooked, hot spaghetti or pasta. Can decorate with chopped parsley. Pass extra Parmesan cheese.

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Vitello ai funghi secchi

Veal with dried mushrooms

1 1/2 lbs. veal round sliced 1/4 inch thin and cut into 3"x 3" pieces
2 Tbsp. butter
2 Tbsp. olive oil
Salt and pepper
2 cups tomatoes, peeled, seeded, and chopped
1/4 tsp. each oregano and basil
1/2 cup dry white wine
1 oz. dried mushrooms

Soak mushrooms in warm water for 1/2 hour. Brown veal on both sides in oil and butter. Salt and pepper the meat as it browns. Put tomatoes, basil, and oregano into blender container and blend for 10 seconds. Pour over veal in pan along with the wine. Drain mushrooms, discard stems and chop mushrooms coarsely. Add them to the veal and simmer over low heat for 30 minutes.

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Piselli

Peas

1 lbs. fresh peas
2 tsp. sugar
2 Tbsp. butter

Shell peas. Put into a saucepan with a small amount of water and the sugar. Cook until tender crisp. Drain. Add butter and serve.

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Gelato al miele e pinoli

Ice cream with honey and pine nuts

1 quart of favorite flavored ice cream (coffee flavor is very good)
3/4 cup honey
3/4 cup pine nuts

Put a scoop of ice cream into individual dessert dishes. Top with 2 Tbsp. each honey and nuts.

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FALL

As the fall season approaches, we turn to menus that include vegetables grown in family gardens. Cooler temperatures make it possible for the cook to spend more time in the kitchen. Fall menus, therefore, are slightly more elaborate, though not necessarily overly difficult to prepare.

How delightful to be faced with a basket of fresh vegetables! What main dish or side dish can be concocted, which is a feat to the eye and a treat to eat? Depending on the selection on hand, one should not be afraid of mixing and matching recipes from any of the menus. Don your apron and dive right in!

Fall Menu # 1

Funghi alla panna
Girello arrosto
Spinaci ripassati
Budino di semolina

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Mushrooms in cream sauce
Eye round of beef
Sauteed spinach
Semolina pudding

Funghi alla panna

Mushrooms in cream sauce

Oven Temp.: 425° F.

3/4 lb. mushrooms
2 Tbsp. lemon juice
4 Tbsp. butter
Salt and pepper to taste
1 1/2 Tbsp. flour
3 egg yolks, beaten
1 1/2 cups heavy cream
3 Tbsp. Parmesan cheese
3 Tbsp. bread crumbs
12 triangles of French bread fried in 3 Tbsp. butter

Clean mushrooms with damp paper towel. Slice them, then sprinkle them with lemon juice to avoid discoloration. Cook them slowly in butter until almost dry, then transfer them to an ovenproof shallow casserole.

Beat egg yolks, salt and pepper with the cream and pour over mushrooms. Sprinkle Parmesan cheese and bread crumbs on top. Bake in a preheated oven for 15 minutes.

Let it set for 5 minutes, then serve with triangles of French bread.

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Girello arrosto

Eye round of beef

Oven Temp.: 350° F.

3-4 lbs. eye round of beef
4 Tbsp. butter
1 Tbsp. flour
1 cup dry red wine
1 cup water
1 tsp. salt
1 tsp. pepper
1 sage leaf
1 inch-long piece of lemon peel
2 Tbsp. tomato puree
30 pearl onions, parboiled in salted water for 2-3 min.

In heavy casserole, brown meat on all sides in melted butter. When the meat has a deep brown color, sprinkle it with flour, then add the wine, water, salt, pepper, sage leaf, and lemon peel.

Bring to the boil, cover, and place in the preheated oven. After 1/2 hour, turn the meat and add onions and tomato puree. Bake, covered for an additional 1/2 hour or until, when punctured with a fork, the meat releases an almost clear liquid.

Serve the meat sliced fairly thin, surrounded by the onions and glazed with its own gravy.

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Spinaci ripassati

Sauteed spinach

3 bunches fresh spinach or 2 boxes frozen spinach, defrosted
3 Tbsp. butter
1 clove of garlic
Salt and pepper to taste

Clean and wash spinach very carefully in order to remove even the smallest particle of dirt. Place the spinach leaves in a large pan, without any water, sprinkle them with salt and cook, covered, for 8 minutes or until leaves are wilted.

Drain spinach well, pressing with a wooden spoon in colander until all the liquid has been removed.

In a frying pan, melt butter and brown garlic, add spinach and cook gently for about 5 minutes. Discard garlic, pour in 1/2 cup of the gravy from the roast, mix well, and serve very hot.

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Budino di semolina

Semolina pudding

Oven Temp.: 350° F.

1 3/4 cup milk
1 tsp. vanilla extract
3/4 cup minus 1 Tbsp. semolina
1/2 cup minus 1 Tbsp. sugar
Grated rind of 1 large orange
1/4 cup butter
3 eggs
1/8 tsp. salt
1 Tbsp. sugar
1/2 cup diced candied citron
1 cup heavy cream
1 package frozen strawberries or raspberries
1 Tbsp. lemon juice

In a heavy bottomed pan bring milk and vanilla extract to the boiling point. Slowly sprinkle semolina on the milk, mixing constantly with a wooden spoon until mixture is slightly thickened and smooth. At this point, add sugar and continue to simmer, stirring for 2-3 minutes. Remove pan from the heat, mix in orange rind and butter, one tablespoon at a time, then one whole egg and two yolks, one at a time, beating vigorously after each addition. Beat egg whites with salt until stiff, sprinkle them with 1 Tbsp. sugar and continue beating until the sugar is completely dissolved (about 3 minutes.)

Fold egg whites gently into the semolina mixture together with the candied citron. Pour it into a buttered souffle mold sprinkled with semolina. Place the mold in a pan of boiling water and bake it for 30 minutes or until a cake tester inserted in the center comes out clean.

Serve hot or cold, accompanied with slightly whipped heavy cream or a fruit sauce made by blending one package frozen strawberries or raspberries with 1 Tbsp. lemon juice and 2 Tbsp. dark rum.

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Fall Menu # 2

Spiedini
Purea di patate
Insalata romana
Torta di frutta

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Skewered beef
Baked mashed potatoes
Roman salad
Fresh fruit cake

Spiedini

Skewered beef

Oven Temp.: 375° F.

1 lb. sirloin tip
1/4 lb. salt pork
1 lb. ground round
1/4 cup snipped celery leaves from the center
2 eggs
1 tsp. salt
1/4 tsp. pepper
6 Tbsp. grated Parmesan cheese
1/4 cup fine dry bread crumbs
1 14 oz. bottle ketchup
1/3 cup water
1 Tbsp. pickling spices
3 Tbsp. olive oil

Have the butcher cut the sirloin tip into 1/8 inch or thinner slices, then into pieces about 2 x 3 inches. Cut salt pork into thin slices, then into very thin strips about 2 inches long.

Ketchup: Tie spices into a small piece of cheesecloth. Place in saucepan along with ketchup and water. Simmer 45 minutes, stirring occasionally. Discard spices.

Meat mixture: Mix ground meat with celery leaves, eggs, salt, pepper, cheese, crumbs, and one cup of prepared ketchup. This will make a fairly moist mixture.

Put 2 small strips of salt pork on each piece of sirloin tip. Place about 2 tsp. meat mixture in center and roll up. Put on skewers. Add olive oil to large, shallow pan. Place skewered meat in pan in a single layer and bake in preheated oven for one hour.

Note 1: If desired, instead of mashed potatoes, when meat is halfway done, add one potato per person quartered lengthwise and 4 cups of cooked peas. Bake until potatoes are brown and crisp and meat is tender.

Note 2: Any ground meat mixture left over may be used as meat loaf.

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Purea di patate

Baked mashed potatoes

Oven Temp.: 375° F.

4-5 lb. potatoes
2 cloves of garlic, minced
1/2 cup grated Parmesan cheese
4 Tbsp. butter
1/4 cup milk or light cream
Salt and pepper to taste

Boil potatoes in their jackets until tender. While still hot, remove skin and mash with garlic, butter, milk, salt, and pepper, and 1/4 cup cheese.

Pour this mixture into a buttered ovenproof casserole. Sprinkle it with the remaining cheese and bake for 15-20 minutes or until the top is golden.

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Insalata romana

Roman salad

1 head of cauliflower
1 10 oz. can of pitted black olives
1 onion, sliced thin
6 celery stalks cut in 1-inch pieces
1/2 cup olive oil
6 Tbsp. red wine vinegar
1/2 tsp. salt
1 clove garlic, minced
1/2 tsp. oregano

Cut cauliflower into flowerets and cook only until tender crisp. Drain, add olives, onion and celery. Toss with dressing made with remaining ingredients. A few green olives may also be added. Chill before serving.

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Torta di frutta

Fresh fruit cake

Oven Temp.: 350° F.

Sponge cake:

1 cup flour
1 tsp. baking powder
3/4 cup sugar
4 eggs, separated
1/3 cup sugar
1/2 tsp. cream of tartar
1/2 tsp. salt
1/4 cup orange juice
1 tsp. vanilla
1/4 tsp. lemon extract

Sift flour with baking powder and 3/4 cup sugar. Combine four egg whites, cream of tartar, and salt. Beat at high speed until soft peaks form. Gradually add the 1/3 cup sugar. Beat until peaks are stiff. Combine four egg yolks, juice, extracts, and dry ingredients. Beat 1 minute at medium speed. Fold gently into whites using a spatula. Pour batter into ungreased 9 or 10-inch tube pan. Bake for 35-40 minutes. Invert pan immediately and cool about one hour before carefully removing cake from pan.

Cream filling:

1 qt. milk
3 eggs
1/2 cup flour
1/2 cup sugar
1/4 tsp. salt
1 grated lemon rind

Beat eggs thoroughly. Blend in flour well. Add milk, sugar, salt, and rind. Cook over low heat stirring constantly until thickened. Do not allow to boil. Cool.

Fruit

3 bananas
3 peaches
1 Tbsp. lemon juice

Dice fresh bananas and peaches. Sprinkle them with lemon juice to avoid discoloration, then mix them gently together.

To assemble: Cut cake into 3 layers. Over first layer, spoon 1/3 of the fruit. Spoon over it a layer of cream filling. Repeat, using all the fruit and most of the cream. Place top layer, then cover sides and top of cake with remaining cream. May be garnished with fruit or slivered almonds.

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Fall Menu # 3

Penne rigate con zucchini e mozzarella
Pollo al limone al forno
Pomidoro al forno
Insalata
Tortone al caffe

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Macaroni with zucchini and mozzarella
Oven fried chicken with lemon
Baked tomatoes
Salad
Coffee nut tortone

Penne rigate con zucchini e mozzarella

Macaroni with zucchini and mozzarella

1 lb. penne macaroni
1 lb. zucchini, sliced as thin as possible
1/4 cup olive oil
1 minced garlic clove
1 cup shredded mozzarella
1/2 cup grated Parmesan cheese
1 tsp. salt
Pepper to taste
1 Tbsp. salt for cooking macaroni

Saute zucchini, garlic, and parsley in olive oil until tender crisp, about 15 minutes, stirring occasionally. Add salt and pepper to taste. Bring 4 quarts water to a boil. Add 1 Tbsp. salt, then the penne. Cook about 15 minutes until "al dente." Drain and toss together with zucchini and cheeses. Serve piping hot.

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Pollo al limone al forno

Oven fried chicken with lemon

Oven Temp.: 350° F.

1 3-3 1/2 lb. chicken
5 Tbsp. butter
Juice of 1 lemon
Salt and pepper to taste
1 onion, stuck with cloves
Sage leaf or piece of ginger root

Rub inside of chicken with salt, pepper, and some of the lemon juice. Insert onion studded with cloves, sage leaf, or piece of ginger in the chicken cavity. In roasting pan, melt butter with remaining lemon juice. Coat chicken with this mixture. Sprinkle with additional salt. Bake for 40-45 minutes. If desired, chicken may be surrounded with little potatoes during the last half hour of baking time.

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Insalata

Salad

1 head romaine lettuce
3 Tbsp. olive oil
1 Tbsp. vinegar
1/4 tsp. dry mustard
Dash Worcestershire sauce
Salt and pepper to taste
1 clove garlic, cut in half
1/2 tsp. thyme

Cut romaine lengthwise into 6 pieces. Mix together remaining ingredients and shake well. When ready to serve, pour dressing over lettuce.

Pomidoro al forno

Baked tomatoes

Oven Temp.: 350° F.

6 tomatoes
1 Tbsp. olive oil
Salt and pepper to taste
1 tsp. fresh oregano or fresh basil chopped or 1/4 tsp. dried
1 cup bread crumbs
1/4 cup grated Parmesan cheese

Cut tomatoes in half. Remove pulp and mash it. Add remaining ingredients to pulp and mix thoroughly. Put 1/6 of this mixture on each half tomato. Place them around roast during last 15 minutes of cooking or bake separately in an oiled pan for 15 minutes.

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Tortone al caffĕ

Coffee nut tortone

This recipe serves 8 people

1 cup heavy cream
1/4 cup sugar
1 Tbsp. instant coffee
Few drops almond extract
1 egg white
2 Tbsp. sugar
1/4 cup each shredded coconut and chopped almonds, toasted together

Whip cream with 1/4 cup sugar, coffee, and flavorings. Beat egg white until foamy. Add 2 Tbsp. sugar gradually and continue beating until stiff peaks form. Fold egg white and half the nut-coconut mixture into whipped cream. Spoon into 8 paper baking cups set in a muffin pan. Sprinkle remaining nut mixture over the tops. Decorate with maraschino cherry halves, if desired. Freeze for at least 3 hours or overnight.

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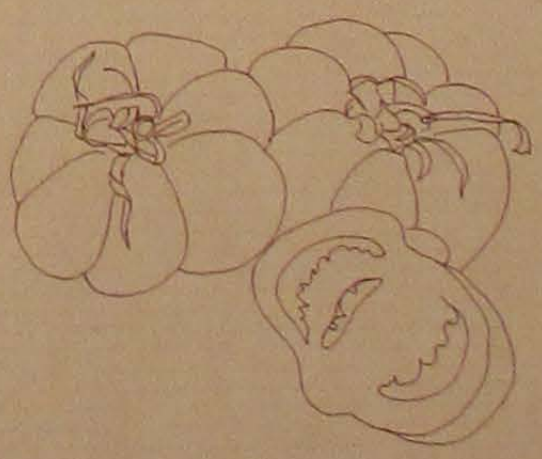

Fall Menu # 4

Zuppa alla Pavese
Petto di vitello farcito
Piselli alla romana
Patatine arrosto
Insalata
Semifreddo di cioccolata

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Soup Pavese style
Stuffed breast of veal
Peas Roman style
Potatoes
Salad
Chocolate mousse

Zuppa alla Pavese

Soup Pavese style

1 1/2 qts. chicken or veal broth
6 thin slices of French bread
3 Tbsp. butter
6 eggs
3 Tbsp. Parmesan cheese
1/2 tsp. freshly ground nutmeg

Fry the bread on both sides in the butter until golden. Place one slice in each soup bowl. Top it with one raw egg sprinkled with 1/2 Tbsp. Parmesan cheese and a little nutmeg. Ladle one cup of the boiling hot broth in each soup bowl, being very careful not to break the egg. Serve immediately.

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Piselli alla romana

Peas Roman style

1 lb. frozen peas
3 Tbsp. olive oil
1 medium onion, thinly sliced
3 Tbsp. chopped parsley
2 slices of bacon, cut in small pieces
1/8 tsp. sugar
1 tsp. salt
Freshly ground pepper to taste.

Put all the ingredients into a 2 quart Dutch oven or heavy casserole, mix well and cover. Cook on top of stove at medium temperature for about 20 minutes. Peas should be tender and moist but not swimming in liquid.

Taste and adjust seasoning, if necessary.

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Petto di vitello ripieno al forno

Stuffed breast of veal

Oven Temp.: 350° F.

2 1/2-3 lbs. breast of veal, boned
1 cup bread crumbs made from stale French bread, crust removed
1/2 cup Parmesan cheese
1/4 cup chopped parsley
1/2 cup chopped ham
1/4 cup chicken or beef stock, lukewarm
2 egg yolks
2 medium size onions, chopped very fine
2 Tbsp. butter plus 1 Tbsp. olive oil
1/4 tsp. freshly grated nutmeg
Salt and pepper to taste
4 Tbsp. butter
1 cup dry white wine (Rhine or Pinot grigio)

With a sharp knife, make a pocket in the breast of veal being careful not to puncture the two surfaces of the meat. Set aside.

In a medium size frying pan, melt butter and olive oil. Add chopped onions and cook slowly for about 15 minutes, adding a few tablespoons of wine in order to obtain a thick onion sauce. Remove onions from the stove and put them in a mixing bowl with the bread crumbs previously soaked in stock and drained. Add all other ingredients except wine and butter and mix well. Fill the pocket in the breast with this mixture, sew the opening and tie the roast in three or four places to keep it in shape.

In a roasting pan, melt 4 Tbsp. butter and coat the roast on all sides. Sprinkle with salt and pepper, cover the pan and bake for about 2 hours, basting occasionally with the rest of the wine.

When ready, remove the roast to a heated platter and let it rest for at least 15 minutes before slicing. Spoon a small amount of meat juice on each slice and pass remaining gravy in a gravy boat.

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Patatine arrosto

Potatoes

4 small potatoes per person or three large potatoes cut in eighths
About 6 Tbsp. butter for browning

Parboil potatoes for 5 minutes and drain well. Twenty minutes before serving dinner, brown the potatoes thoroughly in hot butter until crisp on the outside and tender inside, about 15-20 minutes.

If you prefer, you can add the potatoes to the roast in the oven 1/2 hour before serving time.

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Insalata

Salad

1 cup each shredded romaine, spinach, and watercress, or any comparable mixture of salad greens

Mix together:

1/3 cup olive oil
1 Tbsp. fresh lemon juice
1/2 tsp. dry mustard
Pinch of tarragon
Salt to taste

Toss with greens.

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Semifreddo di cioccolata

Chocolate mousse

4 eggs, separated
1/4 cup plus 1 Tbsp. finely granulated sugar
6 oz. semisweet chocolate pieces
1/4 cup espresso coffee
1/4 cup brandy
1/8 tsp. orange extract
1 stick unsalted butter, softened
Pinch of salt

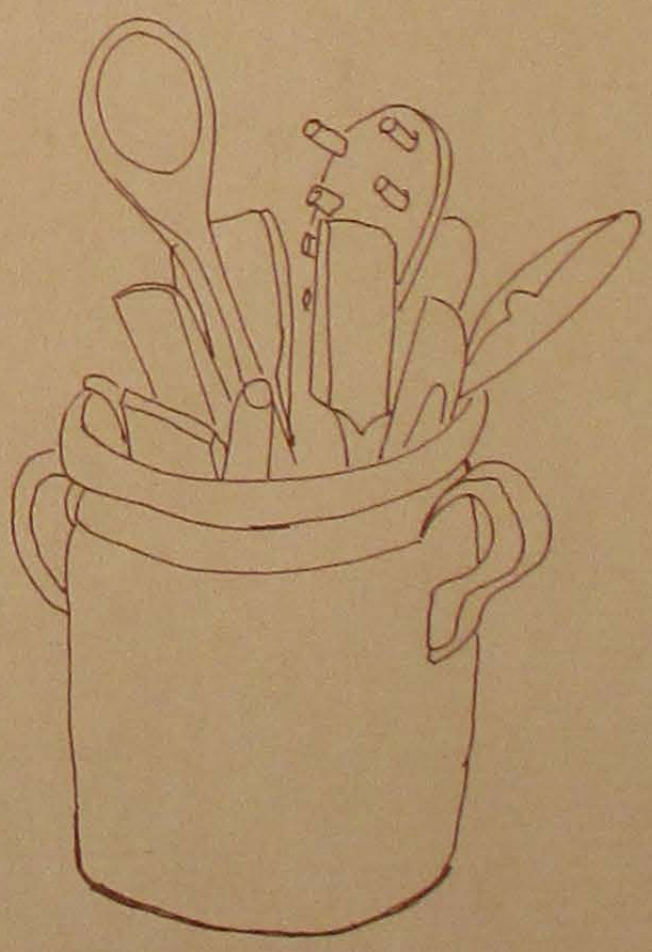
Beat egg yolks and sugar until thick and pale yellow. Beat in orange extract and brandy. Set bowl over simmering hot water and beat vigorously for 3-4 minutes until foamy and hot. Remove the bowl from hot water and place it in a pan of water and ice and continue stirring until the custard is cool and thick. Set aside.

Melt chocolate pieces in the coffee in top of double boiler set over simmering water, making sure that the water does not touch the bottom of the pan. Mix chocolate mixture until smooth, stir in the butter one tablespoon at a time, mixing well after each addition. Fold chocolate mixture into the egg yolk custard and set aside to cool.

In the meantime, whip egg whites until foamy, add salt, and continue to beat at high speed until stiff peaks form. Sprinkle 1 Tbsp. of sugar on the egg whites and beat until the sugar has dissolved (2-3 minutes).

Gently fold whipped egg whites into the chocolate custard, turn it into a pretty dessert dish or individual cups and refrigerate for at least 4 hours or overnight.

Serve with lightly whipped cream.



Fall Menu # 5

Mozzarella in carrozza
Baccală ai porri
Patate lesse
Spumone

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Fried mozzarella pillows
Dried cod with leeks
Boiled potatoes
Spumone

Mozzarella in carrozza

Fried mozzarella pillows

24 slices of day-old white bread, crust removed
12 slices mozzarella cheese
6 anchovy fillets in olive oil
2 eggs
1/2 cup milk or cream
1 cup bread crumbs
Oil for deep fat frying

Sandwich one slice of mozzarella and 1/2 fillet of anchovy between two slices of bread and secure them with a toothpick.

Dip each sandwich in the eggs beaten with the milk, coat it with bread crumbs° and fry until golden brown. Keep warm until all are done. Serve two per person.

°Can be prepared in advance up to this point. Refrigerate, tightly wrapped in aluminum foil until ready to fry.

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Baccală ai porri

Dried cod with leeks

1 lb. salted cod fillets
1/2 cup olive oil
1 large can peeled tomatoes (23 oz.), drained and chopped
1 lb. leeks
1/2 cup dry white wine
1/4 tsp. salt
3/4 tsp. freshly ground pepper
6 slices whole wheat bread, cut in triangles
1 Tbsp. chopped fresh parsley

Soak fish in cold water for 24 hours, changing water every 8 hours. Flake it removing bones and pieces of skin if present.

Shred the white part of the leeks. Wash them until all dirt has been removed, then cook them slowly in 1/4 cup oil for about 15 minutes. Add the flaked fish, tomatoes, wine, salt, and pepper. Cover the pan and cook slowly on top of the stove for about one hour or until the fish is very tender.

In the meantime, fry bread triangles in the remaining oil.

To serve, arrange fish in an oblong platter surrounded with the fried bread croutons and sprinkle parsley over the top.

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Patate lesse

Boiled potatoes

12 small red potatoes
Water to cover
Salt
3 Tbsp. butter
1 Tbsp. chopped chives

Cut one strip of skin from the middle of each potato. Wash them well. Boil until tender (about 20 minutes). Drain. Melt butter in a pan, coat the potatoes with melted butter and sprinkle with chives.

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Spumone

Spumone

Custard

4 egg yolks, well beaten
1/2 cup sugar
3/4 cup milk
2 Tbsp. dark rum
1 cup heavy cream

In top of double boiler, mix beaten egg yolks, sugar, and milk. Cook over hot, not boiling water, stirring until mixture thickens. Remove from heat and cool. Whip the cream until stiff. Lightly fold into the custard mixture, pour it into a chilled 1 quart mold and freeze.

Mocha cream

1/3 cup sugar
1/8 tsp. salt
2 eggs
2 tsp. cornstarch
2/3 cup hot milk
2 oz. semi-sweet chocolate
1 Tbsp. hot espresso or strong coffee
1 cup heavy cream

Mix together sugar, salt, eggs, and cornstarch. Add hot milk a little at a time, beating well after each addition. Melt chocolate in the hot coffee, add to egg mixture together with rum. Cool. Whip heavy cream and fold gently into the chocolate custard. When completely cooled, layer it on top of egg custard and return to freezer.

Top mixture

1 cup heavy cream
1/2 cup sugar
Pistachio nuts, shelled and halved (about 1/4 cup)
2 Tbsp. dark rum

Add one tablespoon of sugar at a time to the whipped cream. Mix well after each addition. Fold in nuts and rum. Layer the mixture on top of the mocha cream. Freeze for 4 hours or overnight. To serve, dip mold in pan of hot water and invert on chilled platter. Garnish with more nuts and whipped cream.

Fall Menu # 6

Pasta grattata in brodo
Bistecchine alla Napoletana
Zucchini trifolati
Pere al vino

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Chicken soup with grated egg dough
Beef fillets Neapolitan style
Zucchini and parsley
Pears in wine

Pasta grattata in brodo

Chicken soup with grated egg dough

1 1/2 qts. chicken broth
3 eggs
2 cups all purpose flour
1 tsp. salt
1 tsp. grated nutmeg
3 Tbsp. Parmesan cheese

Make a stiff dough with flour, salt, nutmeg, and eggs. Knead the dough until smooth and elastic. Let it rest at least 1 hour in the refrigerator or prepare it the day before. Grate the dough with a cheese grater and let it dry slightly. Five minutes before serving time, drop the grated dough into the boiling broth and cook it for 2-3 minutes until the broth stops foaming. Serve immediately. Sprinkle 1/2 Tbsp. cheese over each serving.

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Bistecchine alla Napoletana

Beef fillets Neapolitan style

1 1/2 lb. beef fillet
1/8 lb. prosciutto or 1/8 lb. ham and 1 slice bacon, finely chopped
1/4 lb. finely chopped mushrooms
4 Tbsp. butter
Salt, pepper to taste
Juice of half a lemon
1/4 cup chopped parsley
3 Tbsp. good beef stock

Squeeze as much juice out of the mushrooms as possible in a dish towel. Melt the butter in a large pan. Layer prosciutto, mushrooms and parsley in the bottom of a large pan. Cut 1/8 inch rounds from the fillet, sprinkle them with salt and pepper and lay them on the parsley. Cook them rapidly on one side. Turn them very carefully so that the ham mixture adheres to the meat. Brown them rapidly on the other side. Add lemon juice and stock. Cook rapidly for an additional minute. Serve hot, surrounded by zucchini trifolati.

Zucchini trifolati

Zucchini with parsley

1 small zucchino per person, cubed
2 Tbsp. each olive oil and butter
1 or 2 cloves of garlic, minced
1/4 cup minced parsley
Salt and pepper to taste

Melt butter in a large pan with olive oil. When hot but not smoking, add cubed zucchini and garlic. Cook briskly until only tender crisp. Sprinkle with parsley and serve.

Pere al vino

Pears in wine

Oven Temp.: 350° F.

1 pear per person
1/2 Tbsp. sugar per person
1 cup light red wine
2 cinnamon sticks, broken
1 cup whipping cream

Peel strips of skin from pears, producing a striped effect. Place pears in a baking dish. Add wine and cinnamon sticks. Sprinkle with sugar. Bake 30-40 minutes or until tender. Strain wine. Cool, then chill pears. When ready to serve, whip the cream, adding as much of the wine as the cream will hold without becoming runny. Serve over chilled pears.

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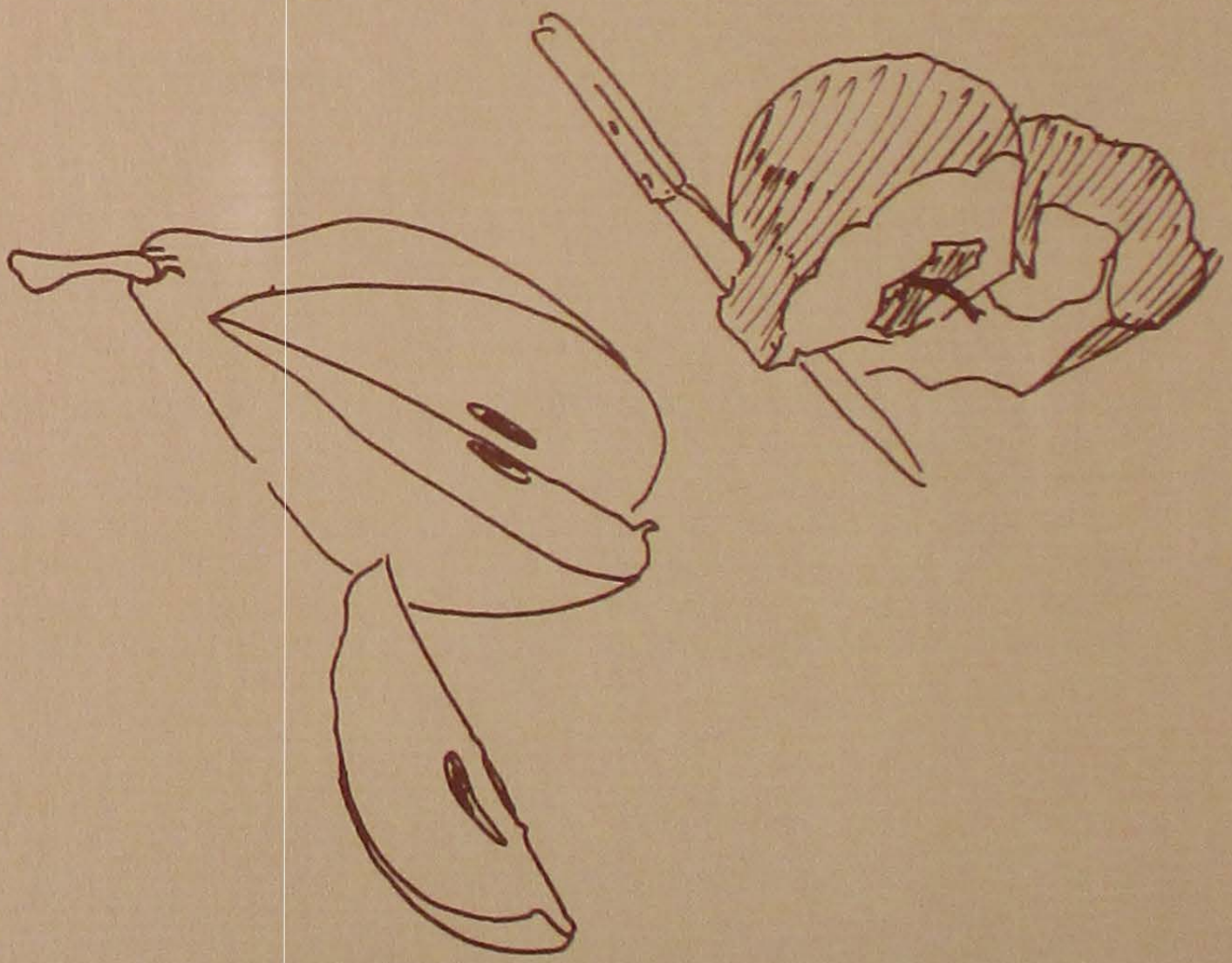

Fall Menu # 7

Gnocchi di patate
Petto di pollo al Marsala
Fagiolini verdi Italiani
Banane alla fiamma

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Potato gnocchi
Chicken breasts in Marsala
Italian green beans
Bananas flambee

Gnocchi di patate
Potato gnocchi

2 lbs. baking potatoes
1 cup flour
1 3/4 tsp. salt
1 Tbsp. salt
Butter
Grated Parmesan cheese

Peel potatoes and cook in boiling salted water until tender. Drain well and mash them. While still very warm, add flour gradually, kneading until smooth after each addition. Add 1 3/4 tsp. salt and blend in well. Divide the dough into 4 sections. Take one section at a time, roll with floured hands to form a cylinder about 1/2 inch in diameter. Cut each cylinder into 1 inch pieces and press thumb in center of each one to form a depression.

Bring 3 quarts of water to a boil. Add 1 Tbsp. salt. Add a large handful of gnocchi to the water. They will sink to the bottom. When they float to the top, remove them immediately and put them in a warm, buttered serving dish. Place the dish in a warm oven. Finish cooking remainder of gnocchi in the same way. When all are cooked, dot generously with butter, and sprinkle with grated Parmesan cheese. Serve immediately.

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Petto di pollo al Marsala
Chicken breast in Marsala

4 Tbsp. butter or margarine
1 small onion, chopped
1/4 lb. sliced mushrooms
6 chicken breasts, boned and skinned
1/2 cup chicken broth
1/2 cup Marsala or Madeira
1 cup heavy cream
Salt and pepper

Cook onions in butter until soft but not brown, about 5 minutes. Add mushrooms and cook 5 minutes longer without browning. Remove onions and mushrooms from pan and keep warm. In the same pan saute the chicken breasts 7 minutes on one side and 5 minutes on the other. Remove breasts from pan. Add broth and Marsala to the pan. Over high heat, reduce to consistency of syrup, about 5-7 minutes. Pour in heavy cream, stirring constantly and boil until very thick. Return chicken and vegetables to pan, lower heat, and warm through for 2 - 3 minutes.

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Fagiolini verdi Italiani

Italian green beans

2 packages frozen Italian green beans
1 small minced onion
2 tomatoes, peeled and chopped
2 Tbsp. olive oil
1 Tbsp. butter
Salt and pepper to taste

Cook beans according to package directions. Heat oil and butter until sizzling. Add onion, tomatoes, salt, and pepper. Simmer until onion is tender. Add beans and simmer for another 5 minutes to allow flavors to blend. Taste and adjust seasoning.

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Banane alla fiamma

Bananas flambee

6 bananas, quartered
4 Tbsp. butter
Confectioner's sugar

6 Tbsp. rum or cognac
1/4 cup ground almonds

Roll bananas in confectioner's sugar. Heat butter and saute bananas, gently turning to brown on all sides. Sprinkle them with almonds. Heat the rum or brandy. Pour it over the bananas. Ignite the liqueur and shake the pan gently until the flame dies. Serve immediately.

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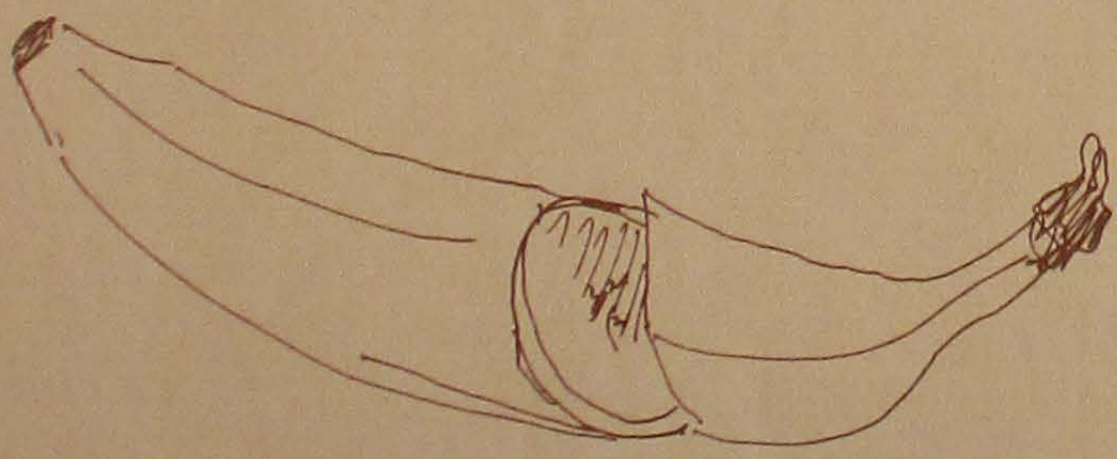

Fall Menu # 8

Gnocchi verdi
Piccata di vitello
Fagiolini gialli
Insalata di verdura fresca
Arancie al vino

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Green gnocchi
Veal piccata
Yellow wax beans
Salad of fresh sliced vegetables
Sliced oranges in wine

Gnocchi verdi

Green gnocchi

12 oz. ricotta cheese
1 whole egg and 1 yolk
1/2 cup grated Parmesan cheese
1 1/2 cups flour
1/2 tsp. freshly grated nutmeg
1 tsp. salt
1/2 tsp. freshly grated black pepper
1 lb. cooked and chopped spinach or 1 box frozen spinach, defrosted

Drain the ricotta, if necessary, and leave it at room temperature to soften as you prepare the spinach. Cream ricotta with eggs, Parmesan cheese, spinach, salt and spices. Add 1 cup flour and mix well, then turn this very soft dough onto a wooden or marble board sprinkled with the rest of the flour. Working fast with the tips of the fingers, incorporate the flour into the ricotta dough. Wrap the dough in saran wrap sprinkled with flour and refrigerate it for at least 1 hour.

Half an hour before dinner time, put a 6 quart kettle on the stove, fill it 2/3 full with water and add 1 Tbsp. salt. Sprinkle the board again with flour, divide the dough in 6 pieces, roll each piece into a long rope about 1 inch thick, and cut it into pieces about 1 inch long. When the water boils, drop the gnocchi in a few at a time. As they are ready, they will come to the surface. Remove them with a slotted spoon, place them in a large platter and keep them warm.

When they are all ready, pour over 1/4 cup of melted butter and 1/2 cup grated Parmesan cheese. Mix well and serve immediately, passing additional cheese, if you wish.

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Piccata di vitello

Veal piccata

3 veal cutlets per person (scaloppine)
1 small garlic clove, minced
Salt, pepper to taste
1/4 cup lemon juice
Parsley
Butter

Saute veal in butter over high heat. Add garlic and cook a little longer, sprinkle cutlets with salt and pepper to taste. Add lemon juice and parsley and serve immediately.

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Fagiolini gialli

Yellow wax beans

1 1/2 lbs. yellow wax beans, cooked tender crisp
1/2 cup chopped parsley
3 Tbsp. butter
1 Tbsp. olive oil
1 small clove garlic, chopped
2 Tbsp. Parmesan cheese
Salt, pepper to taste

Melt butter and oil in a large pan. When the butter has stopped foaming, saute crushed garlic for a few minutes. Remove garlic, put in beans, parsley, salt, and pepper and cook slowly for 10-15 minutes. Sprinkle with Parmesan cheese and serve piping hot.

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Insalata di verdura fresca

Salad of fresh sliced vegetables

2 large ripe tomatoes
2 medium cucumbers
4 stalks of celery
5-6 large Boston lettuce leaves
1 tsp. salt
1/4 tsp. pepper
1 Tbsp. freshly squeezed lemon juice
1/4 cup olive oil
1 tsp. chopped capers
2 Tbsp. chopped parsley or basil

Slice tomatoes and cucumbers, clean celery and slice diagonally in 1-inch long chunks.

Wash lettuce well. Line a shallow bowl with the lettuce leaves, arrange celery in the middle and surround it with tomatoes, slightly overlapping the slices to form a complete circle. Surround the tomatoes with a circle of cucumber slices.

Mix remaining ingredients in a jar, shake well, and pour evenly over the vegetables.

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Arancie al vino

Oranges in wine

3/4 cup sugar
1 cup red wine
2 cloves
1-inch stick cinnamon
1-inch vanilla bean or 1/4 tsp. vanilla extract
4 lemon slices
6 large seedless oranges

Put sugar and water in sauce pan and cook until sugar dissolves. Peel oranges, removing all white membrane. Slice thinly. Add all other ingredients to sugar-water mixture and bring to boil. Cook 15 minutes. Strain hot sauce over orange slices; chill until very cold.

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Fall Menu # 9

Risotto alla Milanese
Coniglio alla cacciatora
Broccoli saltati in padella
Insalata
Charlotte di mele

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Rice Milanese style
Rabbit cacciatore
Sauteed broccoli
Salad
Apple charlotte

Risotto alla Milanese

Rice Milanese style

1 small onion, sliced very thin
1/3 cup butter
1/2 cup dry, white wine
2 1/2 cups rice
6 cups good beef stock
1/8 tsp. saffron
3/4 cup grated Parmesan cheese

In a large, covered casserole, slowly simmer the onion in 4 Tbsp. melted butter until tender but not brown. Add wine and continue cooking until all the liquid has evaporated. Add rice, mixing it well with the other ingredients, toasting it slightly. Pour in the boiling beef stock, cover the casserole and simmer for about 20 minutes or until almost all liquid has been absorbed by the rice. At this point add the saffron previously dissolved in 2 Tbsp. hot stock or water and simmer for as long as it takes for all the liquid to be absorbed (about 5 minutes).

Remove the casserole from the heat, mix in the rest of the butter and the cheese and let it rest, covered, for 2-3 minutes in order to allow all the flavors to blend. Serve in warm soup bowls, passing more grated cheese.

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Coniglio alla cacciatora

Rabbit cacciatore

Oven Temp.: 350° F.

One 3-4 lb. rabbit cut in pieces
2 Tbsp. oil and 2 Tbsp. butter
1 clove of garlic
1 cup flour
1 tsp. salt
1 tsp. pepper
1 tsp. paprika
1/4 tsp. rosemary
1 cup dry white wine
1 cup beef stock
1 Tbsp. chopped capers
2 Tbsp. chopped parsley
Grated rind of 1/2 lemon

Coat the pieces of rabbit with flour mixed with salt, pepper, and paprika. Brown garlic in the mixture of oil and butter, remove and discard it. In the same pan, brown rabbit pieces, a few at a time and transfer them to a deep ovenproof dish. When all pieces are ready, sprinkle them with rosemary, add wine, and bake until rabbit is very tender, about 1 hour. Check occasionally. If too dry, add some stock.

Transfer rabbit to a heated platter and keep warm. Mix parsley, lemon rind, and capers in the sauce, simmer for 1 minute and pour over rabbit.

Serve immediately, garnished with sprigs of fresh parsley.

Broccoli saltati in padella

Sauteed broccoli

1 bunch fresh tender broccoli
3 Tbsp. cooking or olive oil
1 clove of garlic, mashed
1/2 cup dry white wine
Salt and pepper to taste

Cut the bottom part of each stalk and peel the rest. Discard all damaged leaves. Slice each stalk in 1 1/2 inch pieces and keep them in a bowl of cold water until it is time to cook them.

Put the oil in a large pan and fry garlic until golden, then remove and discard it. In the hot oil, put first the thickest and toughest pieces of broccoli. Let them cook for 2-3 minutes, stirring, then add the rest of the broccoli, salt, and pepper, and saute for about 5 minutes, stirring occasionally. Pour in the wine and cook rapidly until it is almost completely absorbed by the vegetable, which at this point should be tender but still slightly crisp. Serve immediately.

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Insalata

Salad

1 head of torn Boston lettuce
1 egg hard-cooked
1/4 cup olive oil
1 Tbsp. wine vinegar
Salt and pepper to taste

Separate egg. Mash yolk with oil, vinegar, and salt. Toss with lettuce. Chop the egg white and sprinkle it over the top.

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Charlotte di mele

Apple charlotte

Oven Temp.: 350° F.

1 loaf thinly sliced white bread, crusts removed
1/2 cup melted butter
1/2 cup apricot jam
2 Tbsp. brandy
2 1/4 lbs. tart apples
1/4 cup raisins, soaked in 1/2 cup warm wine
1/2 cup slivered almonds, slightly toasted
1/2 cup sugar
2-3 Tbsp. heavy cream
Confectioner's sugar for top

Line a deep souffle pan with slices of bread brushed with melted butter and painted with the apricot jam diluted with brandy. Peel, core, and slice apples thinly and stir sugar into sliced apples. Cover bread with a layer of the apples, some raisins, and some almonds. Continue layering bread, apples, raisins, and almonds until the dish is almost full, finishing with a layer of bread. Sprinkle the top with cream and bake in preheated oven for about 50-60 minutes or until the top is golden brown.

Let it rest for about 1/2 hour (or longer), then unmold and sprinkle the top with confectioner's sugar.

Serve it warm or cold.

Fall Menu #10

Pomidoro ripieni di riso
Filetti di pesce persico alla marinara
Zucchini al forno
Carote al limone
Cannoli alla siciliana

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Tomatoes stuffed with rice
Perch fillets with marinara sauce
Zucchini oven baked
Carrots with lemon
Cannoli Siclian style

Pomidoro ripieni di riso

Tomatoes stuffed with rice

Oven Temp.: 350° F.

6 large ripe tomatoes
1 cup cooked rice
1 Tbsp. chopped parsley
1 Tbsp. chopped basil
1/4 cup grated Parmesan cheese
4 Tbsp. olive oil
1 tsp. salt
1 tsp. freshly ground pepper

At least one hour before cooking, wash tomatoes and cut one slice from the top, reserving it. Remove the inside of each tomato, chop it, and set aside in a mixing bowl. Salt each tomato case lightly, put it upside down on a cake rack set over a tray to drain extra liquid.

In the meantime, mix the chopped tomato pulp, rice, herbs, cheese, salt, pepper, and 1 Tbsp. olive oil. Let stand for about 1/2 hour. Fill tomatoes with this mixture.

Pour 2 Tbsp. olive oil in an ovenproof casserole. Arrange tomatoes in the pan. Sprinkle them with the remaining tablespoon of oil, cover each tomato with its top slice, and set the casserole in the middle of the preheated oven. Bake for 30 minutes or until heated through.

Garnish with sprigs of parsley.

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Filetti di pesce persico alla marinara

Perch fillets with marinara sauce

6 medium sized perch fillets, fresh or frozen
1 cup dry bread crumbs
6 Tbsp. cooking oil
1 clove garlic
1 medium sized onion, sliced as thinly as possible
4 large tomatoes, peeled, seeded, and chopped
1/2 cup dry white wine
1 tsp. salt
1 tsp. pepper
1/2 tsp. dry oregano

Partially defrost fillets. Dry with paper towels. Sprinkle with lemon juice, coat with bread crumbs, shaking off excess. Saute fillets in 4 Tbsp. hot oil until golden on both sides. Drain on paper towel and set aside.

In the same pan, add remaining oil and cook onions slowly until they become translucent (about 10 minutes). Add wine, and when half of it is evaporated, add all other ingredients and simmer for 15-20 minutes, adding a little more wine if necessary.

Arrange the fish fillets in the pan so that they are covered with the sauce. Continue cooking for 5 minutes more, so the fillets become warm and absorb some of the fragrance of the sauce.

Sprinkle 1 Tbsp. chopped parsley over the top just before serving so that the dish is not only delicious but attractive as well.

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Zucchini al forno

Zucchini oven baked

Oven Temp.: 350° F.

6 medium zucchini
1 chopped spring onion (scallion)
1 Tbsp. chopped parsley
4 Tbsp. dry bread crumbs mixed with 2 tsp. Parmesan cheese
1 tsp. salt
1/2 tsp. sweet paprika
2 Tbsp. olive oil
1 Tbsp. butter

Cut the ends from the zucchini. Drop them in boiling, salted water and cook for 8 minutes. Rinse them in cold water, drain and slice lengthwise thinly.

Sprinkle an ovenproof dish with oil. Arrange the zucchini slices in a layer and sprinkle onion, parsley, salt, and paprika on top. Repeat, topping all with the bread crumb mixture. Dot with 1 Tbsp. butter and bake in oven until the top is golden, about 15 minutes.

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Carote al limone

Carrots with lemon

1 lb. carrots
3 Tbsp. butter
3 Tbsp. chopped parsley
1/4 cup lemon juice
1 tsp. salt
1/4 tsp. freshly ground pepper

Wash, peel carrots, and cut into thin slices. Cook in boiling water until tender crisp - about 15 minutes. Drain. Add the remaining ingredients and stir to blend. Serve immediately.

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Cannoli

Cannoli

2 cups flour
1 tsp. baking powder
Small pinch of salt
2 Tbsp. margarine
1 egg, separated
1 Tbsp. sugar
2 Tbsp. tepid water
1/2 oz. whiskey or 1 Tbsp. sherry
Enough milk to make dough hold together and roll out easily
Oil for deep frying

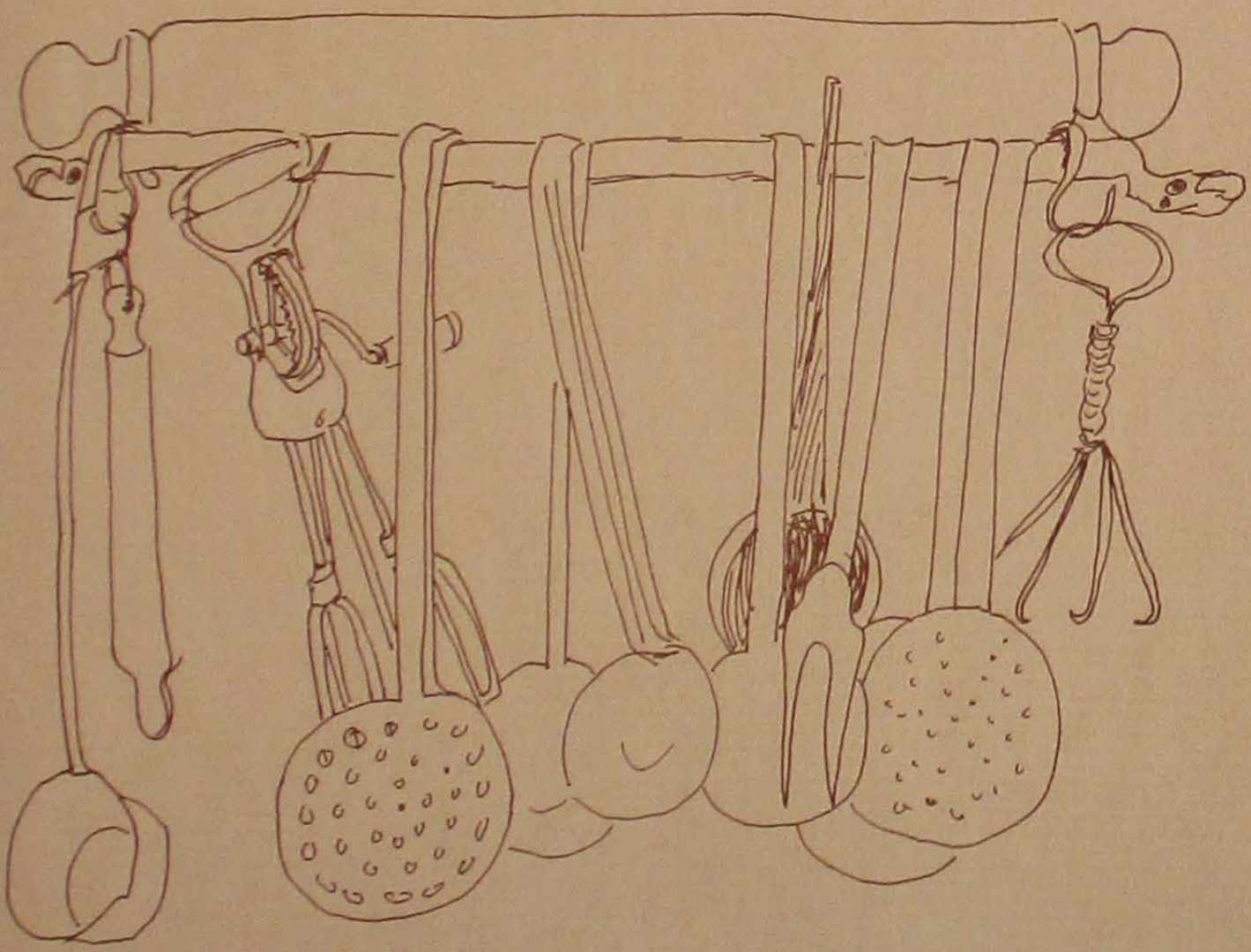
Sift dry ingredients together. Add margarine and work together as for pie crust. Add egg yolk. Dissolve sugar in water. Add to mixture along with whiskey or sherry. Mix well. Add only enough milk to make a dough that is

easy to roll *thin*. Roll out a small piece of dough at a time. Cut into a five inch round. A pasta machine is particularly helpful in rolling out perfect rounds, but a rolling pin is fine. Wrap around cannoli tubes. Seal edge with egg white being careful not to get any egg white on the mold or the cannoli will stick to it and become impossible to remove. Deep fry a few at a time in 375° oil until golden brown, about 2-3 minutes. Remove from oil and drain on paper towels. Cool slightly. Remove from tubes gently. Repeat until all are fried. Makes about 2 dozens. They freeze well.

Filling

2 lbs. ricotta
1 1/2 cups sugar
1 tsp. cinnamon
1 tsp. almond extract
1 tsp. vanilla
1/2 cup chopped citron or candied fruit
1/4 cup coconut, tinted green

Mix all ingredients except coconut together. Fill the cannoli at the last minute before serving or the shells will soften. Sprinkle both ends with coconut. Makes enough filling for 2 dozen cannoli.



WINTER

Blow, blow thou winter wind! The gripping chills of winter induce indoor activities, making especially attractive the preparation of hearty meals appropriate to the season. Sturdy dependables such as carrots, broccoli, and mushrooms, plus available year-round fruits such as apples and oranges, take their places to be cooked imaginatively and served to please even the most demanding palate. Vast amounts of labor and time are not necessary to turn out such fulfilling meals. Ingredients in season make pleasurable eating an everyday occasion.

Winter Menu # 1

Torta di spinaci e ricotta
Vitello alla lombarda
Zucchini grattati con panna
Torta di cioccolata e ricotta

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Spinach and ricotta pie
Veal with chicken liver sauce
Zucchini with cream
Chocolate ricotta torte

Torta di spinaci e ricotta

Spinach and ricotta pie

Oven Temp.: 400° F.

1 recipe dough for a 2 crust 9" pie
2 Tbsp. butter
2 Tbsp. chopped onion
1 package frozen chopped spinach (or 1 lb. fresh spinach), blanched, chopped and squeezed dry
1/4 lb. chopped mushrooms
1 tsp. salt
12 oz. ricotta
1 cup grated Parmesan cheese
4 eggs
Salt and pepper
Big pinch nutmeg
1 egg, beaten (with 1 Tbsp. water)

Saute onion in butter. Add spinach, mushrooms, and 1 tsp. salt. Mix and cook 5 minutes longer. Cream together ricotta, cheese, eggs, salt, pepper, and nutmeg. Stir both mixtures together. Roll out bottom pie crust and place in 9" pie pan. Fill the crust with the spinach mixture. Roll out the top crust. Cover pie with it, sealing edges well. Save any extra dough. Make a vent in the center of the top crust by cutting a round hole. This will allow the steam to escape. Bake for 25 minutes. Roll out extra dough and cut into decorative shapes. Remove pie from oven and brush it with the beaten egg. Place cut out shapes on pie and brush them with egg also. Return pie to oven and bake 20 minutes longer.

NOTE: Pie may be frozen before baking. To bake, place in 425° oven, covered with aluminum foil, for 45 minutes. Remove foil. Brush with egg. Bake 15 minutes longer.

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Vitello alla lombarda

Veal with chicken liver sauce

2 Tbsp. each olive oil and butter
2 lbs. veal, sliced thin
Salt and pepper
2 Tbsp. butter
1/2 lb. chicken livers
1/2 cup chicken broth
1/2 cup dry, white wine
Chopped parsley for garnish

Brown veal well on both sides in oil and butter, sprinkle with salt and pepper. Remove from heat and keep warm. Saute chicken livers in 2 Tbsp. butter over low heat until done, about 10 minutes, sprinkle with salt and pepper. Put them through the blender or mince very finely. Add remaining ingredients, return to pan and simmer 5 minutes longer. Serve over veal garnished with parsley.

Zucchini grattati con panna

Zucchini with cream

2 Tbsp. olive oil
2 Tbsp. butter
6 small zucchini, grated
1 small onion, chopped
1 large clove garlic, mashed
2 tsp. salt
1/4 tsp. pepper
1/2 cup heavy cream

Melt butter in pan. Add oil and when hot but not smoking, add all ingredients except cream. Cook, stirring occasionally, for 10 minutes. Before serving, add cream. Reheat briefly.

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Torta di cioccolata e ricotta

Chocolate ricotta torte

Oven Temp.: 350°F.

Pastry

1/4 cup margarine or butter
2 Tbsp. sugar
1 egg
1/2 tsp. vanilla
1 1/4 cup flour
1/2 tsp. baking powder
1/8 tsp. salt

Cream margarine, add sugar, egg and vanilla. Mix dry ingredients and add gradually to butter-sugar mixture to form pastry.

Divide pastry into 2 parts--2/3rds and 1/3rd pieces--the larger one for the bottom crust and the smaller one for a latticed top. On floured waxed paper, roll the larger piece into an 11 inch round. Put into an 8 inch cake pan with removable bottom. Leave 1/4 inch overlap and smooth the edges. Roll out second portion for lattice strips. Cut into twelve 1/4 inch strips.

Filling

1 lb. ricotta
3/4 cup sugar
1/8 tsp. salt
5 eggs
1/3 cup diced citron
1 4-oz. bar milk chocolate, grated

Mix ricotta, sugar, salt and eggs. Fold in citron and chocolate. Pour into pastry-lined pan. Crisscross pastry strips, place over filling, seal and finish edges.

Bake 45-50 minutes. Cool on rack. Remove the rim after cooling. Refrigerate. Can be frozen. To use after freezing, thaw 7 hours in refrigerator.

Winter Menu # 2

Garmugia all Lucchese
Polenta
Insalata
Crostata di mele

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Beef stew Lucchese style
Polenta
Salad
Latticed apple pie

Garmugia alla Lucchese

Beef stew Lucchese style

2 Tbsp. olive oil
2 lbs. beef stew meat
1 medium onion
1 clove garlic
2 tsp. parsley
2 cups frozen peas
3 artichokes, cleaned and cut into 8 sections each (see Basic Recipes section)
Salt and pepper to taste
1/2 tsp. sugar
1/2 cup beef stock
Fried bread triangles

Chop onion, garlic, and parsley. Cook slowly in oil until golden. Add beef and brown well on all sides. When meat is ready, add cleaned artichokes, salt pepper, sugar and stock. Cover pan and cook slowly for about 1 hour and 30 minutes or until meat is fork tender. Add peas and cook 4 minutes longer. Taste for seasoning. Serve in a deep dish surrounded by fried bread triangles.

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Polenta

Polenta

3 cups water
1 1/2 tsp. salt
1 1/2 cups cornmeal
1 cup cold water

Bring 3 cups salted water to a boil. Mix cornmeal with 1 cup cold water, and pour into boiling water, stirring with wire whisk to prevent the formation of lumps. Cook 30 minutes over low heat, covered, stirring occasionally. Add more hot water if mixture becomes too thick. Serve hot.

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Insalata

Salad

1 large head of lettuce or an equal amount of other fresh salad greens
2 tomatoes, cut in wedges
1/2 cup diced celery
1/2 cup sliced ripe olives

Tear lettuce into bite-size pieces. Chill until ready to serve.

Anchovy dressing

5 Tbsp. olive oil
2 Tbsp. vinegar
Small clove garlic, crushed
Salt and pepper to taste
1 tsp. Dijon or Nance's mustard
2 anchovy filets, chopped, or 1/2 tsp. anchovy paste

Dissolve salt, pepper, and mustard in vinegar. Make a paste of oil and anchovies. Combine the two liquids and shake well.

Crostata di mele

Latticed apple pie

Dough *Oven Temp.:* *400° F.*
375° F.

3 Tbsp. sugar
2 cups flour
5 Tbsp. butter and 2 Tbsp. lard
or
7 Tbsp. butter
1 egg, beaten
1 Tbsp. cold water
1/4 tsp. almond extract

Mix flour, sugar, and baking powder. With pastry blender, cut butter and lard into flour mixture. Add the beaten egg, water and almond extract. Stir lightly until dough pulls together to form a ball. Let the dough rest for at least 1/2 hour. Roll half of it into a round, 1 inch larger than a 9" pie pan. Fit the dough in and flute the edges. Prick the bottom with a fork and bake in a 400° oven for 8 minutes. Cool. Roll out remaining dough and cut into strips.

Filling

4 lbs. crisp cooking apples, quartered, cored and sliced
2 Tbsp. sugar
1 tsp. lemon juice
1/2 cup apricot preserves
1/4 cup Grand Marnier or other orange liqueur
Grated rind of one lemon

Toss 3 cups of sliced apples with 1 tsp. lemon juice and 2 Tbsp. sugar and set aside. Cook remaining apples, covered, for 20 minutes, stirring occasionally. Beat in apricot preserves, liqueur, butter and rind. Spread this sauce over the partially baked shell, and cover with apple slices. With the pastry strips, make a lattice across the top of the pie. Bake at 375° for 30 minutes or until apples are tender and slightly browned. Brush the lattice top with apricot glaze when cool.

Apricot glaze

1/4 cup apricot preserves
1/2 tsp. rum

In a small pan, warm jam with rum until melted. Put through a fine sieve.

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Winter Menu # 3

Zuppa di fagioli alla toscana
Rotolo di carne alla fiorentina
Funghi al Marsala
Insalata tricolore
Bignè gigante

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Bean soup Tuscan style
Meat loaf Florentine
Mushrooms Marsala
Tricolored salad
Giant cream puff

Zuppa di fagioli alla Toscana

Bean soup Tuscan style

1/2 lb. navy beans
2 qts. water
1 clove of garlic
3 Tbsp. olive oil
1/4 cabbage head, shredded
1 cup V8 or tomato juice
Salt and pepper to taste

Soak beans in water overnight. Add garlic and salt and simmer until tender. Cool slightly, then place bean mixture in a blender 2 cups at a time. In warm oil, cook cabbage until it becomes limp. Add juice, cover, and continue cooking until cabbage is tender. Pour in the blended beans. Simmer for 10 minutes to blend flavors. Adjust seasoning and serve hot. Pass freshly made small croutons if you like.

To make croutons: cut three slices of stale, dark bread in small cubes. Over medium heat toss in a pan with 2 Tbsp. melted butter until golden.

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Rotolo di carne alla fiorentina

Meat loaf Florentine

Oven Temp.: 350° F.

1 1/2 lbs. ground chuck
2 chicken livers, sauteed in butter, chopped
3 slices white bread soaked in 1/3 cup warm milk
2 eggs
1/4 cup Parmesan cheese
2 Tbsp. chopped fresh basil (or 2 tsp. dry)
1 Tbsp. salt
1/4 tsp. each pepper and nutmeg
1 box chopped spinach, blanched, squeezed dry and sauteed in 2 Tbsp. butter
6 slices ham
2 - 5 inch omelettes made with 2 eggs, pinch of salt
1/4 cup bread crumbs
Mushroom sauce (optional)

Mix first 8 ingredients thoroughly. Pat the mixture into a rectangular 11"x7"x1/2" pan. Arrange the ham, omelettes, and spinach on top. Roll jelly-roll style, starting from one of the shorter sides. Sprinkle the roll with bread crumbs. Bake it covered with aluminum foil for 30 minutes. Remove foil and continue baking for an additional 40 minutes. Let stand for 10-15 minutes before slicing.

Mushroom sauce

2 Tbsp. butter
1/4 cup chopped onion
1/4 lb. fresh mushrooms, chopped
1/2 cup beef stock
1/2 cup Marsala or other sweet red wine
1/4 to 1/2 cup heavy cream

In melted butter, cook onion and mushrooms until tender. Add stock and wine and boil rapidly until thick and syrupy. Pour in cream and continue boiling and mixing until creamy. Spoon immediately over sliced meat.

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Insalata Tricolore

Tricolored salad

2 medium potatoes
2 green peppers
2 red peppers
1/2 cup chopped parsley
1 Tbsp. chopped capers
1 Tbsp. Dijon mustard
1/2 cup olive oil
2 Tbsp. wine vinegar
Salt and pepper to taste

Boil potatoes in the jacket until tender when pierced with a fork. Drain, peel and slice.

Cook peppers in boiling water for 5 minutes. Drain, remove centers, peel and slice.

Arrange all vegetables attractively on a platter. Mix next 6 ingredients thoroughly. Pour over prepared vegetables and let stand for at least 10 minutes.

Toss before serving.

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Bigne' gigante

Giant cream puff

Oven Temp.: 375° F.

1/2 cup milk or water
1/4 cup butter or margarine
1/2 cup flour
1/8 tsp. salt
2 medium eggs
1 cup heavy cream, whipped with 1 Tbsp. sugar
3 oz. chocolate chips
2 tsp. butter
1 Tbsp. rum
1 Tbsp. light corn syrup

In medium size pan, bring milk and butter to simmer. When butter is melted, add flour and salt all at once. Continue cooking, stirring constantly until mixture leaves sides of pan and forms a ball.

Remove from heat and add eggs one at a time, beating well after each addition.

On a greased and floured cookie sheet, mark a 9" circle. Spread dough in the circle, mounding it well in the center. Bake it in a preheated oven for 30 minutes. Slash the puff on one side and bake 5 minutes longer. Cool completely before filling. To fill, cut off top of puff. Fill with whipped cream. Replace top.

In a double boiler over hot, not boiling, water, melt chocolate and butter. When melted, mix in rum and corn syrup. Pour over the filled puff just before serving.

Winter Menu # 4

Risotto con carciofi
Arrosto di manzo
Carote, cipolline, piselli cinesi
Insalata di finocchio
Crema alla portoghese

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Rice with artichokes
Beef roast
Carrots, pearl onions, Chinese peas
Fennel salad
Creme caramel

Risotto con carciofi

Rice with artichokes

3 large artichokes
1 small onion, chopped
2 Tbsp. butter
2 cups rice
5 cups beef stock or canned beef broth
Salt and pepper
3 Tbsp. butter
1/2 cup & 1 Tbsp. Parmesan cheese
3 Tbsp. butter
2 Tbsp. chopped parsley
2 slices of bacon, chopped

Prepare artichokes as explained in section: "Basic Recipes".

In a Dutch oven or heavy pan with well-fitting lid, cook 1/2 of the onion with 2 Tbsp. butter until translucent (5-6 minutes). Add rice and mix well until every grain is coated with the butter. Pour in 4 1/2 cups boiling broth, and 1 tsp. salt. Bring back to boil, reduce to simmer, cover and cook until liquid has disappeared and rice is tender (20-25 minutes). Add 3 Tbsp. butter, Parmesan cheese and mix well. Transfer to heated platter, top with prepared artichokes, sprinkle with 1 Tbsp. Parmesan cheese.

While rice is cooking, melt 3 Tbsp. butter, add the chopped onion, parsley, bacon and cook 5-6 minutes. Add the artichokes and mix well. Add salt and pepper to taste and continue to cook, covered, for 15 minutes or until artichokes are tender. Mix while cooking and add 1/4 cup broth if artichokes become too dry.

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Arrosto di manzo

Beef roast

Oven Temp.: 350° F.

3-4 lb. sirloin tip roast, tied
1 clove garlic
1 tsp. salt
1 slice bacon, cut in small pieces
3 Tbsp. butter
1 carrot
1 stalk celery
1 onion
2 whole cloves
1 slice fresh ginger
1/2 cup dry red wine (Burgundy is fine)
1 Tbsp. corn starch
1 cup broth
1/2 cup Madeira or Marsala wine

With long, thin bladed knife make holes about 1/2 inch long on both sides of the roast. Make a paste of the garlic, salt and pepper. Stir bacon pieces into the paste. Stuff each hole with this paste. Melt butter in a casserole or a Dutch oven and brown meat on all sides (takes about 20 minutes). Cut onion in half and stick a clove in each half; slice carrot and celery and add these to the casserole along with the ginger, red wine and 1/2 cup broth. Bring liquid (broth) to a boil, put some of the vegetables over and some under the meat. Sprinkle with salt and pepper, cover and finish cooking in oven for 2 hours. Turn meat once during cooking.

When ready to serve, remove roast to heated platter, strain juices and return to pot on top of stove. Add 1 Tbsp. corn starch diluted with 1/2 cup broth and 1/2 cup Madeira or Marsala wine. Stir until sauce is translucent, taste for salt and adjust if necessary. Coat each slice of roast with sauce and pass remaining sauce.

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Carote, cipolline, piselli cinesi

Carrots, pearl onions, Chinese peas

1 tsp. salt
1/4 tsp. sugar
1/2 lb. fresh or frozen pearl onions
1/4 lb. fresh snow peas or 1 box frozen
2 Tbsp. butter
1 Tbsp. lemon juice
2 Tbsp. parsley, chopped
2 Tbsp. chopped mint
Salt and pepper to taste

Wash carrots and cut on a slant in 1 inch pieces. In a shallow pan put carrots, 1/4 tsp. sugar, 1 tsp. salt, and cover with cold water. Bring to a boil and cook for 8 minutes. Add onions and peas and cook 2 minutes longer. Drain, Return to pan with butter, lemon juice, parsley and mint leaves, salt and pepper to taste. Mix well until all vegetables are coated with butter and herbs. Serve around meat.

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Insalata di finocchio

Fennel salad

1/2 fennel bulb
1/2 avocado
2 medium sized tomatoes
1 bunch watercress

Slice fennel, avocado, and tomatoes. Use only the leaves and tender part of the stems of watercress.

Dressing

5 Tbsp. olive oil
2 Tbsp. lemon juice
2 Tbsp. Gorgonzola or Blue cheese
Salt and pepper to taste

Mix all ingredients together well. Toss with vegetables.

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Crema alla portoghese

Creme caramel

Oven Temp.: 325° F.

Caramel syrup

1 cup sugar
1/4 cup water

Put the sugar and water in a small heavy pan. At medium heat, simmer until a golden syrup is formed. Quickly coat a 2 quart souffle mold with it. Invert mold on a cake rack placed over a piece of waxed paper to drain excess.

Custard

1 quart milk
6 eggs
1/8 tsp. salt
1/2 cup sugar
1 tsp. vanilla

Put milk in a pan and heat until bubbles start appearing on the surface. Beat eggs slightly with salt and sugar. Add milk gradually, then vanilla. Pour into mold. Set mold in a pan of hot water and bake until a silver knife inserted in the middle comes out clean--about 1 1/2 hours. Let custard cool for about one hour, then run a small spatula around the edge of the custard and invert on a serving plate. Can be served lukewarm or cold. Serves 10-12.

(One-half recipe serves 6 adequately).

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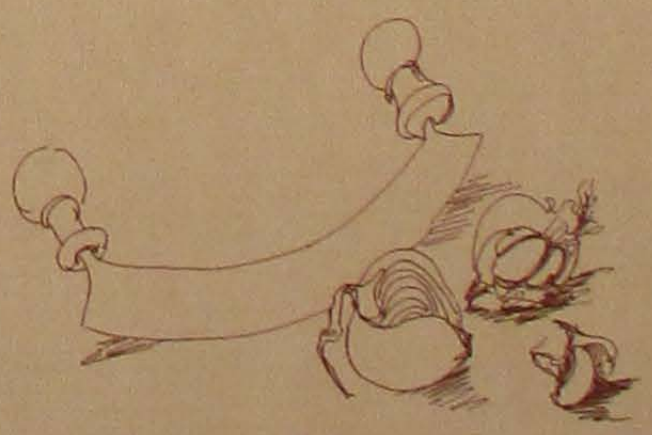

Winter Menu # 5

Stufatino
Gnocchi di semolina
Insalata
Mele al vino

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Stew with vegetables
Semolina dumplings
Salad
Baked apples with wine

Stufatino

Stew with vegetables

Oven Temp.: 350° F.

4-5 Tbsp. oil
3-4 large onions, thinly sliced or grated
3 to 3 1/2 lb. beef stew meat
2 slices bacon
1 cup beef broth
2 cups beer or 1 1/2 cup of each liquid
1 tsp. sugar
2 Tbsp. chopped parsley
1 bay leaf
1/2 tsp. oregano
3 carrots, peeled and cut into large pieces
3 potatoes peeled and cut into large pieces
1 cup peas
2 Tbsp. cornstarch
3 Tbsp. tarragon vinegar
Parsley sprigs for garnish

Fry onions gently in 2 Tbsp. oil. Remove from pan and put into a large casserole. Brown meat a little at a time, adding more oil if necessary. Add meat to onions as it is browned. Chop the bacon and brown it in the same pan. Add it to the onion-meat mixture. Mix together broth, beer, sugar, chopped parsley, bay leaf, and oregano and pour over meat. Cover the pan. Bake for 1 1/2 - 2 hours or until meat is fork tender. Cool stew, then chill overnight, if possible, in order to degrease it. Mix the cornstarch and vinegar. Add to the stew and heat through. Precook vegetables until they are tender crisp and add them to the stew during the last few minutes of cooking. Garnish with parsley. Vegetables may be varied.

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Gnocchi di semolina

Semolina dumplings

Oven Temp.: 350° F.

1 qt. milk
2 tsp. salt
1 cup semolina
3 Tbsp. butter
1/2 cup grated Parmesan cheese

Heat milk to the boiling point. Add salt and semolina, stirring constantly with wire whisk. Cook over low heat until thick. Cover. Cook 15 minutes longer. Butter a jelly roll pan. Pour semolina into the pan and level it with a spatula. Cool, then chill it for about 1 hour. Cut into diamond shapes. Place a layer of "diamonds" in a buttered ovenproof baking dish. Dot with butter, sprinkle with Parmesan. Continue layering as long as you have "diamonds", sprinkling each layer with butter and cheese. Bake for 20 minutes or until the top is golden brown.

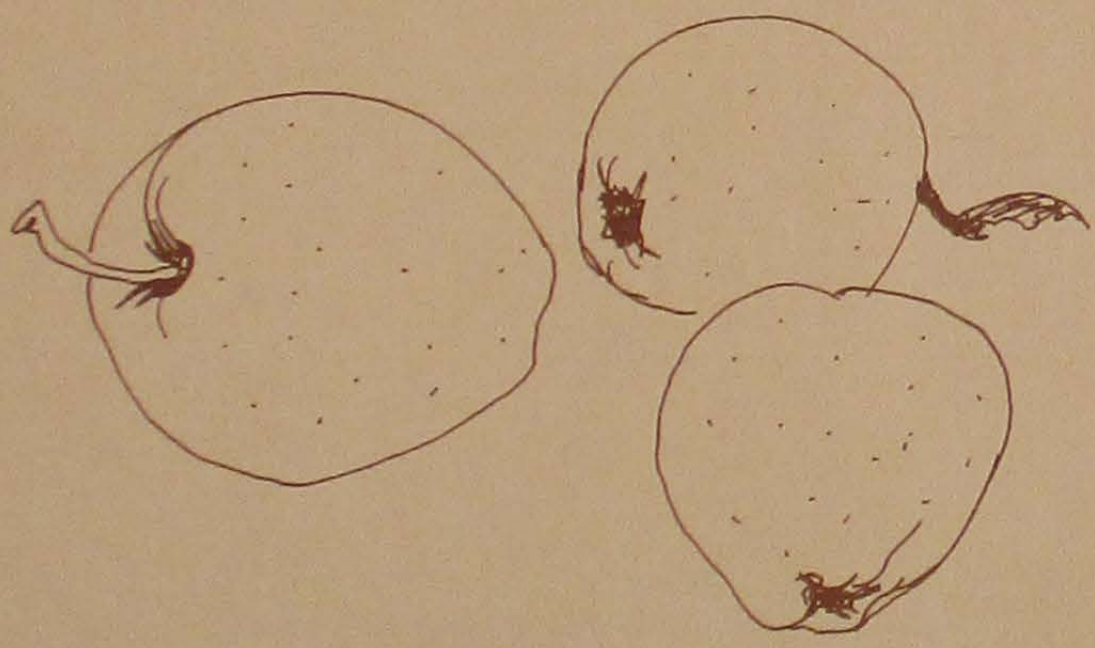
Mele al vino

Baked apples with wine

Oven Temp.: 350° F.

1 apple per person
3/4 cup raisins
1 1/4 cups white wine
Grated rind of 1/2 lemon
4 Tbsp. brown sugar
1 1/2 to 2 Tbsp. butter or margarine
1/2 stick cinnamon

Soak raisins in wine for 1/2 hour. Core apples and peel halfway down from the top. Butter a 9" x 9" pan. Drain raisins, reserving wine. Stir wine together with remaining ingredients except butter and cinnamon stick. Fill cores of apples with raisins. Pour wine mixture over each apple. Dot with butter. Place cinnamon stick in bottom of pan. Bake for 45 minutes, basting occasionally. Serve at room temperature. May be cooked a day in advance, chilled and allowed to return to room temperature the next day.



Winter Menu # 6

Gelatina di pollo
Petti di pollo ripieni
Riso al vapore
Monte Bianco con salsa di fragole

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Jellied chicken consomme
Stuffed chicken breasts
Steamed rice
Monte Bianco with strawberry sauce

Gelatina di pollo

Jellied chicken consomme

Chicken bones (from the boned breasts)
2 qts. water
1 carrot cut in four pieces
1 onion studded with 3 cloves
1 celery stalk, cut in 4 pieces
1 bay leaf
2 tsp. salt
Chopped parsley

Cover bones with cold water and bring to a rolling boil. Skim the surface several times. Add remaining ingredients except parsley, lower the temperature, partially cover the pan and simmer for one hour. Strain and discard vegetables and bones. Cool, then refrigerate for several hours or overnight. When ready to serve, carefully scrape any congealed fat from the surface. Serve cold, garnished with chopped parsley.

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Petti di pollo ripieni

Stuffed chicken breasts

3 large chicken breasts, halved, skinned, and boned
1 Tbsp. lemon juice
1 7-oz. can tiny deveined shrimp
1/2 cup softened butter or margarine
1 1/2 tsp. curry powder (optional)
1/2 tsp. salt
1/4 cup chopped green onions, parsley, and basil, mixed
3/4 cup flour
1 tsp. baking powder
3/4 cup cold water
2 Tbsp. minced parsley
12 large mushroom caps
4 sprigs of parsley

Pound breasts to about 1/4 inch thickness, being careful not to break them. Sprinkle with lemon juice and set aside. Dice shrimp and combine with butter to form a paste. Add curry powder, salt, and herbs and mix well. Pat chicken breasts dry, then spread each with 1/6 of shrimp mixture. From a narrow end, roll each breast and secure with a toothpick. Cover and refrigerate until thoroughly chilled.°

In a deep frying pan, over medium heat, heat one inch of oil until a small cube of bread browns in one minute. In medium size bowl mix flour, baking powder and water to make a smooth, fairly thin batter. Dip each chicken breast in this batter, shake off excess and fry it in heated oil, turning once, until golden brown. Dip mushroom caps in remaining batter and fry.

On a heated platter, mound the hot rice sprinkled with chopped parsley. Arrange the chicken breasts on top of the rice, alternating them with mushrooms caps. Garnish with sprigs of parsley.

°May be prepared up to this point the day before and then refrigerated overnight or frozen. Defrost in refrigerator overnight.

Riso al vapore. See Basic Recipes section.

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Monte Bianco con salsa di fragole

Monte Bianco with strawberry sauce

3/4 cup sugar
1/2 cup water
3 eggs, separated
1 cup ground almonds
1 pound cake
2 Tbsp. rum
1 1/2 cups heavy cream

Line a quart mold° with aluminum foil. In a small pan, mix the sugar and water. Bring to a boil without stirring until one drop spins a thread when dropped from a spoon. In a medium size bowl, beat the egg yolks at medium speed until pale yellow. Gradually beat in hot syrup and continue beating until cool. Refrigerate for 1/2 hour. Beat egg whites until stiff, but not dry. Fold egg yolks and almonds into egg whites. Whip cream until stiff. Fold carefully into egg mixture. Cut cake into slices and sprinkle them with rum. Turn half of egg mixture into mold and cover with cake. Pour in other half. Cover with cake. Freeze until firm, at least 4 hours.

°This recipe fits perfectly in a 1 quart charlotte mold.

Strawberry sauce
2 10-oz. packages frozen strawberries, defrosted
Water
2 Tbsp. cornstarch
1/2 cup currant jelly
1/2 cup heavy cream, whipped
10 chocolate curls° made from a bar of milk chocolate

Drain berries, reserving liquid. Add enough water to make 2 cups. Blend in cornstarch and cook until shiny and transparent. Stir in jelly. When it is melted, add the berries. Set aside to cool. Invert the Monte Bianco onto a cold platter. Remove foil. Surround it with sauce. Garnish the dish with the whipped cream and top it with chocolate curls.

°To make curls: Soften slightly 1 bar of milk chocolate. With vegetable peeler, scrape along bar in a long thin stroke.

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Winter Menu # 7

Melanzane alla parmigiana
Fegato alla Veneziana
Insalata verde
Pere con Gorgonzola

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Eggplant Parmesan style
Liver Venice style
Green salad
Pears with Gorgonzola

Melanzane alla parmigiana

Eggplant Parmesan style

Oven Temp.: 400° F.

3 1 lb. eggplants
Flour
Oil for frying
12 slices of mozzarella
1/4 cup freshly grated Parmesan cheese
Parsley

Cut eggplant in 1/2 inch slices. Put vegetable oil in a frying pan to a depth of about 1". Heat oil to 375°. Brown eggplant slices lightly and drain them on absorbent paper.

Tomato sauce

2 Tbsp. olive oil
1 Tbsp. butter
1 onion, chopped
1 can tomatoes (1 lb. 12 oz.)
1 tsp. salt
Pepper to taste
1 can tomato sauce (8 oz.)
1 tsp. salt
Pepper to taste
1 large bay leaf
1/2 tsp. oregano
Parmesan cheese

Heat oil and butter, add onions. Saute until onions are lightly browned. Add tomatoes, tomato sauce, salt, pepper, parsley, wine, bay leaf, and oregano. Simmer 45 minutes.

Put eggplant slices in buttered oblong plan. Pour some tomato sauce over, then sprinkle Parmesan cheese over the sauce. Build another layer and continue in the same fashion until all eggplant is used. On top of last eggplant layer, put mozzarella slices, another layer of tomato sauce and sprinkle Parmesan cheese over that. Bake 45 minutes.

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Fegato alla Veneziana

Liver Venetian style

1/2 stick butter
4 Tbsp. oil
2 large onions
1 1/2 lbs. calf liver, sliced thin
1/2 cup flour
Salt and pepper
Parsley, chopped

Slice onions as thinly as possible and cook slowly in butter and oil in a large frying pan. When onions are translucent, add liver lightly coated with flour. Cook on fairly high heat for not more than 5 minutes, turning them once. Sprinkle with salt, pepper, and the chopped parsley.

Pere con Gorgonzola

Pears with Gorgonzola

3 very ripe pears
5 oz. Gorgonzola
Lemon juice
5 Tbsp. heavy cream
6 Tbsp. chopped walnuts

Cut pears in half. Peel, core, and brush with lemon juice. Cream Gorgonzola with heavy cream. Divide among the 6 halves. Sprinkle with chopped nuts. Any other type of blue cheese can be used, but Gorgonzola is the creamiest.

Winter Menu #8

Cacciucco
Insalata verde mista
Pane francese
Kiwi allo zabaione

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Fish chowder
Mixed green salad
French bread
Zabaione mold with kiwi

Cacciucco

Fish chowder

1/4 cup olive oil
1 cup chopped onion
1 clove of garlic
4 cups fish or chicken stock
2 cans (or 3 lb.) whole peeled tomatoes
1 inch long piece of lemon zest
3/4 tsp. salt
1/4 tsp. crumbled saffron
2 bay leaves
1/2 tsp. basil or tarragon
1/2 tsp. crushed hot peppers (optional)
1 lb. filet of red snapper
1 lb. filet of turbot
1 lb. medium size shrimp, shelled
2 lobster tails, slightly defrosted
1/2 cup flour
1/4 cup olive oil

The night before or early in the morning, cook onions and garlic in oil for about 5 minutes. Add tomatoes, stock, and all the spices and herbs. Bring to boil, then reduce heat and simmer, covered, stirring occasionally, for 30 minutes. Remove from heat and cool. Refrigerate, covered for several hours. Flavor improves upon sitting. One hour before serving time, cut all fish into bite size pieces, coat with flour and fry quickly in hot oil. Set aside. Cut each lobster tail, shell and all, into 3 pieces. Wash shrimp. Bring soup to simmer. Add lobster pieces and simmer 5 minutes, covered. Add shrimp and when soup resumes bubbling, add the rest of the fish. Bring again to a simmer, then turn off heat. Let it stand a few minutes. Serve piping hot over slices of toasted French bread, making sure that each person receives a variety of fish. Pass more toasted French bread.

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Insalata verde mista

Mixed green salad

1 head Boston lettuce
1 head Romaine, shredded
10 or 15 spinach leaves, cut in pieces
1/2 cup olive oil
2 Tbsp. lemon juice
Salt and pepper to taste
1 hard boiled egg, separated

Line a salad bowl with Boston lettuce leaves. Arrange other greens over them. Chop the egg white and sprinkle it over the salad. Mash together the egg yolk, salt, pepper, and lemon juice. Mix in olive oil and pour over salad. Toss well before serving.

Pane francese

French bread

Oven Temp.: 350° F.

1 loaf stale French bread
1/2 cup butter
1 crushed clove of garlic

Cut the loaf of bread in diagonal slices 3/4 of an inch thick. Melt butter with garlic. Dip bread slices in butter, coating both sides. Place them side by side on a cookie sheet. About 20 minutes before serving time, preheat oven. Bake bread for about 10 minutes or until slices are golden brown and crisp.

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Kiwi allo zabaione

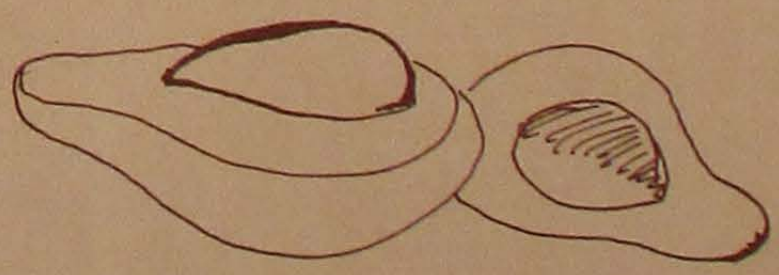
Zabaione mold with kiwi

1/3 cup sugar
3/4 cup Marsala wine
1 1/2 tsp. unflavored gelatin
4 egg yolks
1/8 tsp. almond flavor
2 egg whites
1/8 tsp. salt
1 Tbsp. sugar
1 cup heavy cream

In a small pan, mix sugar and wine. Sprinkle gelatin on top. Let the gelatin soften for a few minutes. Warm the wine, stirring until sugar and gelatin are completely dissolved. Set aside to cool. Beat egg yolks until lemon colored. Gradually beat in the wine mixture, stirring constantly until thickened (about 10 minutes). Remove from heat and continue to beat vigorously to stop the cooking. Add almond flavor and set aside.

Beat egg whites until foamy. Add salt and continue beating until soft mounds form. Sprinkle 1 Tbsp. sugar and continue beating until shiny and quite firm. Fold them delicately into the egg yolk mixture.

Whip cream until stiff, then fold gently into zabaione, being careful not to deflate it. Pour into fluted, slightly oiled 1 quart mold and refrigerate for at least 8 hours or overnight. Just before serving, unmold on a cold platter and garnish with slices of kiwi fruit.



Winter Menu # 9

Crostini di melanzane
Cotolette di maiale alla valdostana
Patate a tocchetti
Zucca al forno
Pere con salsa di cioccolata e cognac

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Eggplant canapes
Pork cutlets Valdostana style
Cubed potatoes
Acorn squash
Pears with chocolate brandy sauce

Crostini di melanzane

Eggplant canapes

Oven Temp.: 425° F.

1 loaf French bread
1 medium size eggplant
1 clove of garlic
3/4 cup pecans, finely ground
1/4 tsp. cayenne pepper
1/4 tsp. nutmeg
Salt and pepper to taste
3 Tbsp. olive oil
1 Tbsp. sweet paprika (optional)

Slice bread in 1/2 inch slices and toast them on both sides.

Remove the stem of a firm eggplant. Bake it for 1 hour or until tender to touch. Cool slightly, then cut in half and scoop out the pulp. Puree it in a blender. When smooth, add all other ingredients except oil and blend for 10-15 seconds. Pour into a bowl and mix in the oil, one tablespoon at a time. Refrigerate until completely cold.

Can be prepared up to 1 week before. Keep in tightly covered jar in refrigerator to avoid discoloration.

At serving time, spread each crouton with a generous amount of eggplant mixture. Sprinkle tops with paprika.

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Cotolette di maiale alla valdostana

Pork cutlets valdostana style

6 pork cutlets, 1 inch thick
6 slices ham
6 slices melting cheese (Fontina, Muenster)
1/2 cup flour mixed with salt and pepper
1 egg beaten with 1 Tbsp. milk
3/4 cup fine bread crumbs
3 Tbsp. olive oil
3 Tbsp. butter
1 Tbsp. minced parsley
6 thin slices of lemon

With a sharp knife, make a pocket in each cutlet. Stuff ham and cheese into each pocket, trimming excess. (Trimmings can be used in salads.) Close opening with a toothpick and pound each cutlet lightly with the heel of your hand. Coat each cutlet with flour, then dip it in beaten egg and finally in bread crumbs. Melt butter with oil and fry cutlets slowly until golden brown. It will take about 15-20 minutes on each side since pork should be well-cooked.

Arrange on warm platter, surrounded by potatoes and garnished with lemon slices dipped in minced parsley.

Patate a tocchetti

Cubed potatoes

3 medium potatoes
1/2 cup oil for frying

Peel potatoes and cut them into 1 inch cubes. When oil is hot but not smoking, drop them in and fry them until golden crisp, turning them often.

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Zucca al forno

Acorn squash

Oven Temp.: 375° F

3 small acorn squash
Salt and pepper to taste
3 Tbsp. butter
1/2 tsp. cinnamon
1/4 tsp. nutmeg

Wash squash and dry well. Arrange them in a greased pan and bake for an hour or until soft to the touch. In the meantime, stir together butter and spices. Cool squash slightly, cut in half, and remove all seeds and filaments. Salt and pepper each half, then place 1/2 Tbsp. of the butter mixture in each cavity. Return to oven until heated through (2 minutes) and serve immediately.

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Pere con salsa di cioccolata e cognac

Pears with chocolate brandy sauce

Oven Temp.: 425° F

3 large pears
6 Tbsp. chocolate chips
6 tsp. brandy
2 Tbsp. lemon juice

Cut pears in half lengthwise. Scoop out cores. Cut a thin slice from the bottom so they stand firmly. Place chocolate chips and brandy in each cavity, then arrange them side by side in a buttered 9" x 9" pan. Cover them with aluminum foil and bake 20-25 minutes or until fork tender. Stir chocolate gently after removing from oven to break up chips.

Winter Menu # 10

Polenta con funghi e uova
Insalata
Affogato di caffe' con panna

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Polenta with eggs and mushrooms
Salad
Ice cream with coffee and whipped cream

Polenta con funghi e uova

Polenta with eggs and mushrooms

Polenta: See Winter Menu #2

Mushrooms:

1 1/2 lb. mushrooms
2 Tbsp. butter
2 Tbsp. olive oil
1 onion, minced
1/4 cup dry white wine
1 1/2 cups heavy cream
Salt and pepper to taste
6 - 12 eggs
Vinegar
1 bay leaf
Parmesan cheese

Clean mushrooms with a damp cloth. Slice them and cook them with butter, oil, and onion. When they have given up their liquid, sprinkle them with wine and continue cooking. When the wine is almost completely evaporated, add the cream and cook rapidly until thickened. Add salt and pepper to taste.

Meanwhile, poach eggs in water flavored with salt, vinegar and bay leaf. Keep them warm.

When polenta is ready, mix in 2 Tbsp. butter. Pour into a large slightly concave platter, making a well in the center. Spoon the hot mushrooms into the center. Make as many indentations as the number of poached eggs around the edges of the polenta surrounding the mushrooms and slip a poached egg into each of them.

Sprinkle the border of the polenta with Parmesan cheese and serve immediately.

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Insalata

Salad

1 lb. string beans, cooked
1 head Boston lettuce
1 tomato, cut in wedges
1/2 cup tomato juice
2 Tbsp. olive oil
1 clove of garlic
1 Tbsp. chopped parsley
1 tsp. salt
1/2 tsp. freshly grated pepper

Arrange beans on leaves of lettuce. Surround them with the tomato wedges. Blend all other ingredients in a blender and pour over salad.

Affogato di caffe' con panna

Ice cream with coffee and whipped cream

12 scoops chocolate ice cream
12 Tbsp. very strong, hot espresso coffee
6 Tbsp. sweetened, whipped cream

In individual bowls, place 2 scoops of ice cream. Just before serving, pour 2 Tbsp. hot coffee over it and top it with 1 Tbsp. whipped cream.

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